



Your Health is Worth It



Eating Healthy Happens One Day at a time!

Happy 2011!

Time really does fly by. Just think if you start making small, healthy changes each day for one year, next year you will be a different person. Your body will be transformed and your way of thinking would be positively different. Start today.... But do it for you. Not because everyone else is or because you are thinking about the bikini in 4-5 months. Cheers to the New YEAR!

The Importance of Starting Your Day With More than Just a Cup of Joe

Breakfast is the most important meal of the day; we have heard this several times growing up. This is pretty true. I see patients all the time for weight loss. I can almost guess that at least 85% of people who skip breakfast are overweight. Why? Well the reason is simple. Your metabolism sleeps at night just like your body sleeps. Your metabolism does not wake up until you feed it. So often times people wake at 7am for example, and do not eat until 11am or 12 noon. That means for 4-5 hours when your metabolism could have been burning energy it was still sleeping. The other thing is that our body needs sugar, so if you are not feeding your body sugar, from food, your body will make sugar from reserve sugar called glycogen. The problem is your body does not make a little sugar but a lot, any excess sugar will be converted into fat. So not only does skipping breakfast starve the body but it slows the metabolism. Simple solution, eat breakfast.

A general guideline I recommend is to try eating breakfast within one hour of waking. This will jumpstart the metabolism and prevent or delay the body from making its own sugar. Balance your breakfast with carbohydrate and lean protein. These two essentials will help balance out the blood sugar and prevent 10am sugar snacking. Breakfast does not have to be breakfast foods, any combination of carbs and protein will work.

Here are a few ideas:

- ½ cup cottage cheese (protein) and ¾ cup blueberries (carb) with a slice of whole-wheat toast (carb)
- Whole wheat English muffin (carb) with 2 Tbsp Natural peanut butter (protein) topped with ½ banana (sliced) (carb) and 8oz glass fat free milk (carb)
- Scrambled eggs (2) or egg whites (1/2 cup) (protein) with whole wheat tortilla (carb) with fresh salsa and 2 Tbsp pinto beans
- ¾ - 1 cup unsweetened cereal with 8oz fat free milk (carb) with 1 small piece of fresh fruit (carb) and string cheese (protein)
- 1 cup cooked oatmeal (carb) with ½ banana, sliced (carb) and ¼ cup chopped walnuts or pecans (protein) flavor with splenda, cinnamon and vanilla extract
- Grilled cheese sandwich (two slices whole-wheat bread (carb) with 2 slices of fat free cheese or 1 slice reduced fat cheese (protein). Add a piece of fruit for a perfect breakfast
- 2 Boiled eggs (protein) with 1-2 slices toast (carb) and light yogurt (carb)
- Greek fat free yogurt (carb and protein), ½ chopped apple and ½ cup high fiber cereal (carb)
- Peanut butter and jelly sandwich; 2 slices whole-wheat bread (carb), 2 Tbsp Natural peanut butter (protein) and sugar free jelly. Enjoy with 8oz fat free milk and ½ banana

DID YOU KNOW.... That ?

32oz soda has 86 grams of sugar or 21.5 teaspoons of sugar or ½ cup sugar. Wow that is a lot of sugar. This same soda has a whopping 310 calories.

The Cheesecake Factory Santa Fe Salad has 870 calories, add 2 Tbsp of Cilantro dressing and add 160 more calories.

In order for a food to be organic, 95% of the ingredients must be organic. It must be free of artificial food additives, and are often processed with fewer artificial methods, materials and conditions, such as chemical ripening, food irradiation, and genetically modified ingredients. Pesticides are allowed as long as they are not synthetic.

The real way to avoid Trans fat (bad fats) in the diet is by eliminating all fried foods. Most restaurants use “trans fat” free oil. However, if a healthy oil is repeatedly heated (AKA frying) it converts into a trans fat. For example, if canola oil is used for frying, after several times of being used it turns into a trans fat. Making a good oil convert to “bad” oil.

On average jump roping burns 11 calories per minute. That means in 10 minutes you can burn 110 calories. Pick 2-3 of your favorite songs and jump away!

Use 2 Tablespoons of ground flax seeds and 2 Tablespoons of water mixed together and use as 1 egg substitute in a recipe requiring egg.

Eating Breakfast can increase your metabolism by as much as 10%. This means that you would burn 10% more calories during the day when you eat breakfast.

Eating berries, such as blueberries and cranberries are some of richest sources of bioflavonoids, antioxidants that destroy free radicals, which destroy tissue and reinforce the cells that make up blood vessel walls, increasing blood circulation giving you beautiful skin. Try and eat berries at least 2-3 times per week for beautiful skin.

Soy protein, such as tofu and soy bean curd, contain isoflavones, such as genistein and daidzein, that act as phytoestrogens and inhibit tumor growth, lower blood cholesterol levels, decrease the risk of blood clots, and diminish bone loss.

Eating a food with 46 grams of fat, such as original chicken sandwich from Burger King, is the same as eating 9 teaspoons of butter.

Free weights activate more muscles than machine weights. Free weights generally require muscles other than those in the target muscle group to stabilize the weight when you move it. Often times you burn more calories with free weights.

Fitness Trends for 2011

Belly Fit

This is an interesting type workout that involves cardio and stretch type exercises. You start with a light warm-up and then do belly dancing/African dance type exercise. This work out has pilates type movements in it as well. The stretch part of the exercise is similar to yoga.

Doing this exercise has shown to boost confidence and self-esteem.

Aerobump

It involves jump roping to upbeat workout tunes. The work-out involves calves, thighs, arms and upper body. It can burn 450 calories for just 10 minutes of jump roping.

Piloxing

This work-out involves pilates with boxing. It has been proven to exhaust muscles and tone all at the same time.

Some movements involved are air punches, kick and leg swings and tummy strengthening exercises.

Kettle bells

These bells are often referred to cannon balls with handles and can be used in place of dumbbells. Work great for interval training, strength training, and building up exercise endurance. Perfect exercise for working out the core.

Boot Camps

Boot camps can be pricey but they will be very trendy this year. Make your own boot camp with some of your closest friends.

They can include sport type activities combined with calisthenics. Jumping jacks, jump rope, sprints and push-ups can make a perfect work-out. This work-out are using great for the experienced exerciser who wants or needs some additional motivation, or to try something different to spice up the workout routine.

Strength-Training

Everyone should be strength training. Both young and old. All persons should be doing strength training activities at least two to three days per week. The strength training activities should be moderate or high intensity level for all major muscle groups.

These strength training activities can be done at the gym or at home with free weights, machines, or calisthenics. Weight training will take your work-out to a new level.

**Candace
Morgan, RD,
CDE**

**Personal
Nutrition
Consulting**

Registered Dietitian and
Certified Diabetes
Educator

Phone:
(951) 906-6469

E-Mail:
fitmorgan80@aol.com

Please call or e-mail if
you would like to set-up
a personal nutrition
consultation

How much is Enough?

Veggies and Grains: 50% of your meals should be vegetables and grains. Pile two to three servings. Non-starchy vegetables are considered freebies because they are low in calories but deliver many vitamins and minerals that aid in fat loss and muscle building goals. Choose more of these vegetables; such as, spinach, kale, romaine, broccoli, peppers, tomatoes, cauliflower, onions, mushrooms, squash and cucumbers. They contain high amounts of B vitamins and lots of antioxidants.

Add ½ cup whole grains. Whole grain carbohydrates will deliver the energy needed to get through the day and slow down the release of insulin at a slower pace, this will help keep you fuller longer. Think outside the box and try foods such as, quinoa, bulgur, whole wheat pasta and couscous.

Avoid simple carbohydrates such as; white bread, white pasta and rice, cookies, cakes, granola bars and other simple sugar foods.

Fats: 25% of your meals should consist of healthy fats. These are also called monounsaturated fats. Try things such as; one Tablespoon low-fat dressing on your salad, 2 Tbsp avocado or ¼ cup of your favorite nuts.

Your body needs fats to absorb key nutrients from vegetables, such as vitamin E. Vitamin E is an important antioxidant that helps post exercise muscle repair.

Avoid saturated and trans fats such as; sour cream, cream cheese, mayo, bacon, butter, high fat cheese and cream dressings and sauces.

Protein: 25% of your meals should consist of lean protein. Choose foods such as; eggs, tuna, grilled shrimp, lean turkey breast, skinless chicken breast, tofu, seeds or beans. Pairing carbs and protein will help balance your blood sugars. Protein will slow down the digestion of carbohydrates. Protein is also important for maintaining and rebuilding muscle cells.

Avoid high fat protein such as; high fat lunch meats, pepperoni, beef, bacon, sausage, rib meat and high fat cheese.

Helpful Web Resources

Sparkrecipes.com
Splenda.com

Newsletter edited by Jade Morgan

PLEASE NOTE: Always consult a physician before starting a fitness program or changing your diet. Information found in this newsletter is meant to support and not replace the relationship with your physician. Not all exercises or activities are suitable for everyone. If you feel discomfort or pain, stop. The instructions and advice presented are in no way intended as a substitute for medical or psychological counseling.