

Food for Thought

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Tips and Thoughts to keep you on track!

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Get the Most out of What you Eat

Satiety (*suh-tay-i-tee*)—that lasting feeling of fullness at a meal's end, the feeling that you're no longer hungry or deprived. It can be a hard feeling to achieve with some diets. But satiety isn't a luxury when it comes to weight loss, and may be your ticket to successful weight management.

To get more satisfaction out of food, the idea is to fill up on foods that give you a lot of volume for relatively few calories. Consider this; 1/4 cup of raisins and 1-2/3 cups of grapes have the same calories, but there is more volume with the grapes so it leaves you feeling more satisfied. Other satiating high-volume foods that are high in water, air or fiber contain complex carbohydrates. Some of these foods are air-popped popcorn, vegetables and whole grains like brown rice. Lean, protein-rich foods also contribute to satiety, which are foods like skinless chicken breast, low-fat yogurt and skim milk.

Temptation Tamers

There are some tricks when eating a meal to pump up our meal volume without expanding the calories:

-Start meals with a first course: This can be broth-based soup, vegetable juice or a salad. Just make sure that the first course isn't more than 100 calories. This would defeat the purpose of filling up on low calorie food before the main course.

-Eat more vegetables: We have been told this since we were young, but there is a reason behind it. Leafy greens, lettuce, tomatoes, green beans, summer squash and onions are high-volume, high-satisfaction, low-calorie super foods because they're loaded with water and fiber. If you aren't big on eating your vegetables alone, stash them in stews, soups, pasta sauces, pizza and meat loaf.

-Limit very dry foods: Dry foods lack water and thus are low in volume. These are such foods as pretzels, crackers, and chips. They pack a lot of calories into a small portion and are very easy to overeat.

If you follow these tips you may eventually find yourself gravitating towards these satisfying foods more often, making healthy eating a way of life, not a chore.

Source: Weight Watchers 2010 International, Inc.

Laugh a Little!

Terry rushes into Dr. Sims's surgery. He has a banana in his left ear, asparagus in his right ear, and a parsnip in one of his nostrils.

"Doctor!" Terry wails, "I have sore ears and can hardly breathe, what is wrong with me?"

Dr. Sims looks at Terry, then shakes her head sorrowfully and answers "Terry, you're not eating properly."

High-Speed Helpers

The internet has opened up a whole new world concerning fitness and health. There is something for every fitness enthusiast.

A couple websites that may be of interest to you are:

My Food Guide: an interactive tool to help you personalize the information found in Canada's Food Guide to match your tastes and lifestyle. <http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/myguide-monguide/index-eng.php>

Home Body Fat Test: knowing your body fat percent tells you a lot about your body and what is a standard body weight for you. <http://www.healthcentral.com/cholesterol/home-body-fat-test-2774-143.html>

Women's Health: this popular magazine fills you in on topics from fitness workouts and nutrition to beauty and style. Now its all available on the web, and all for women! <http://www.womenshealthmag.com>

Men's Health: a popular magazine directed towards men to help with dieting, grooming, relationships and more! New tips posted daily. <http://www.menshealth.com>

STAY POSITIVE! 😊

Stir-fry: loads of veggies and lean protein, who could ask for more?



Try Quick Chicken Teriyaki Stir-fry!

Ingredients:-

- 1/2 cup Light Zesty Italian Dressing
- 1 lb. boneless skinless chicken breast, cut into strips
- 1-1/3 cups water
- 1/4 cup teriyaki sauce
- 1/2 cup peanuts (optional)
- 4-1/2 tsp. garlic powder
- 1-1/2 cups instant white rice, uncooked
- 2 cups frozen broccoli, carrots, celery, red and green pepper (select favourites)

Now Make It!

- HEAT dressing in large nonstick skillet on medium-high heat. Add chicken; cook and stir 5 to 7 min. or until cooked through.
- ADD water, teriyaki sauce and garlic powder, stir. Bring to boil.
- STIR in vegetables and rice; cover. Reduce heat to low; cook 5 min. Remove from heat. Let stand, covered, 5 min. Fluff with fork. Top with peanuts (optional).

Prep time: 10 min Total time: 30 min Makes: 4 servings Calories: 300

Accept the challenges so that you may feel the exhilaration of victory.

- George S. Patton