

## WARREN COUNTY COMBINED HEALTH DISTRICT WEIGHT MANAGEMENT CLASS

APRIL 2, 2018

### EAT BIG! PART 2 (“VOLUMETRICS”)

I’VE JUST HANDED OUT SOME LISTS OF HIGH VOLUME MEAL SUGGESTIONS / IDEAS. REMEMBER: WHEN YOU’RE ADDING VEGETABLES, FRUIT, AND / OR WATER TO A MEAL OR DISH, YOU’RE ADDING VOLUME... EXTRA FOOD, BUT NO EXTRA ENERGY (CALORIES). YOU MIGHT BE INTERESTED TO KNOW THAT A STUDY AT THE UNIVERSITY OF TEXAS AT EL PASO FOUND THAT FOLKS WHO ATE A SUBSTANTIAL BREAKFAST CONSUMED AN AVERAGE OF 100 FEWER CALORIES PER DAY THAN WHEN THEY SKIPPED THAT “MOST IMPORTANT MEAL,” AND, BY THE WAY, BREAKFAST DODGERS ARE AT 4.5 TIMES THE RISK FOR OBESITY THAN THOSE OF US WHO DO “BREAK THE FAST!” LEAN PROTEIN AND FIBER ARE WHAT YOUR BODY NEEDS TO REV THAT METABOLISM, AND IT DOESN’T HAVE TO BE ANYTHING FANCY! I NORMALLY START THE DAY WITH A BIG PIECE OF WHOLE GRAIN TOAST, A COUPLE TABLESPOONS OF PEANUT BUTTER, AND A GLASS OF ALMOND MILK. WHAT MAKES THIS MEAL SO FILLING IS THE FIBER IN THE TOAST , THE PROTEIN IN THE PEANUT BUTTER, AND THE ALMOND MILK. (ONLY 30 CALORIES FOR 8 OZ.!) EXCITING? NOPE? FILLING? YESSIR! BORING? I GUESS SO... I TRY NOT TO RELY ON MY FOOD FOR ENTERTAINMENT. IT’S A PRETTY BAD IDEA. THE PROTEIN AND FIBER, THOUGH, ALLOW ME TO HANG IN THERE AND GET MY WORK DONE UNTIL I EAT MY EQUALLY “EXCITING” MID-MORNING SNACK: AN APPLE! WHICH BRINGS ME TO MY NEXT POINT: CONSIDER MONOTONY.

SAY WHAT?! “EATING A WIDE VARIETY OF FOODS” IS ALWAYS ON A LIST OF GOOD HABITS. FOR MANY OF US, THOUGH, VARIETY = TROUBLE! VARIETY EXCITES THE (ALREADY HEALTHY!) APPETITE, AND ISN’T THAT ONE THING THAT MOST OF US COULD REALLY DO WITHOUT? THE MORE CHOICES YOU HAVE, THE MORE YOU’LL EAT. JUST THINK OF THE LAST TIME YOU WERE AT A BUFFET. IT’S EXTREMELY DIFFICULT TO GO TO ANY EATERY OR ATTEND ANY EVENT THAT INCLUDES THIS MARVELOUS (?) AMERICAN ICON AND NOT OVER-INDULGE! I’M NOT RECOMMENDING MONOTONY TO THE POINT OF OVER-RESTRICTION OR TO THE EXCLUSION OF FOOD GROUPS, OF COURSE. JUST REALIZE THERE ARE WORSE THINGS THAN LIMITING YOUR BREAKFAST OR LUNCH TO TWO OR THREE CHOICES. YOU’LL BE MAKING IT EASIER ON YOURSELF IN SEVERAL DIFFERENT WAYS! AS LONG AS YOUR CHOICES ARE SOUND, THEN NUTRITION, CALORIES, AND TEMPTATION SHOULD BE ALL BE UNDER CONTROL!

NOW, BACK TO BREAKFAST. THERE IS SOME EVIDENCE THAT “BAD” CARBS EARLY IN THE MORNING BLOCK THE BODY’S ABILITY TO KEEP BLOOD SUGAR STABLE LATER IN THE DAY – EVEN IF YOU HAVE A GOOD LUNCH WITH SOME HEALTHY PROTEIN. I FEEL IT MAY BE AS SIMPLE AS THE FACT THAT IF YOU HAVE THESE SO-CALLED BAD CARBS FOR YOUR MORNING MEAL, THAT LEAVES YOU WITH THE REST OF THE DAY FOR “REBOUND” HUNGER TO MESS UP YOUR FOOD PLAN! A FEW THINGS THAT HAPPEN TO BE POPULAR BREAKFAST FOODS ARE AMONG THE WORST CULPRITS: WHITE BREAD, DONUTS, BAGELS, AND SUGARY CEREALS. THIS, OF COUSE, IS NOT TO SAY THAT YOU SHOULDN’T EVER EAT BAGELS, CEREAL, OR BREAD – JUST CHOOSE WHOLE-GRAIN ITEMS AND EAT THE CORRECT PORTION! (NOTICEABLY MISSING FROM THE LIST IS DONUTS...I’M PERSONALLY NOT AWARE OF ANY DONUTS THAT WOULD HELP YOU LOSE OR MAINTAIN YOUR WEIGHT! IF YOU FIND SUCH ITEMS, PLEASE LET ME

KNOW!) ONE PRODUCT YOU MIGHT LIKE TO CONSIDER IS OIKOS TRIPLE ZERO YOGURT. IT CONTAINS 6 GRAMS OF ADDED FIBER. IF YOU LIKE YOGURT, THIS ONE GIVES A PRETTY GOOD BANG FOR THE BUCK, NUTRITIONALLY SPEAKING. IT'S A GOOD SOURCE OF PROTEIN (15 GRAMS FOR 110 CALORIES!) AND THE FIBER MAKES IT V.F. (THAT'S VOLUMETRIC FRIENDLY!)

SPEAKING OF CEREAL...CHOOSE WISELY. FOR A WHILE, MANUFACTURERS WERE MARKETING "REDUCED SUGAR" VERSIONS OF THEIR CEREALS. FINDINGS WERE THAT THEY DIDN'T PROVIDE ANY LESS CALORIES NOR WERE THEY BETTER NUTRITION-WISE. THIS IS BECAUSE LEGALLY WHEN A MANUFACTURER MAKES A CLAIM OF "LESS SUGAR," THEY CAN DO SO BY VIRTUE OF THE FACT THAT THEY'VE USED LES SUCROSE, WHICH IS TABLE SUGAR. USING ANY OTHER SIMPLE SUGAR TO SWEETEN THE CEREALS DOES NOT NEGATE THE LABEL'S CLAIM, WHEN IN FACT THERE IS VIRTUALLY *NO DIFFERENCE* TO YOUR BODY. IN OTHER WORDS, SUGAR BY ANY OTHER NAME IS JUST AS SWEET! YOU'VE NO DOUBT HEARD THE DISCUSSION OF WHETHER HFCS (HIGH FRUCTOSE CORN SYRUP) IS DETRIMENTAL TO YOUR HEALTH. IT'S WIDELY USED IN THE FOOD INDUSTRY FOR A COUPLE REASONS. MAINLY IT IS LESS EXPENSIVE (THAN SUGAR) TO MAKE – AND, SINCE IT'S A LIQUID, IT'S EASILY TRANSPORTED. HOWEVER, IT IS ABSORBED AND USED BY THE BODY A BIT DIFFERENTLY THAN SUGAR. SINCE THE USAGE OF THIS SWEETENER IN THE LAST 30 YEARS OR SO SEEMS TO CORRELATE WITH A MARKED INCREASE OF OBESITY IN OUR COUNTRY, SOME EXPERTS ARE NOW BLAMING THIS DIFFERENCE IN THE DIGESTIVE PROCESS AT LEAST PARTLY FOR THE EPIDEMIC.

DON'T FORGET THE POWER OF THE PEN! THIS IS REALLY GETTING BACK TO BASICS, BUT KEEPING ACCURATE FOOD RECORDS IS CRUCIAL TO YOUR SUCCESS. MANY TIMES WE HAVE NOTHING METABOLICALLY UNUSUAL THAT WOULD BE PREVENTING US FROM LOSING WEIGHT. A NEW YORK STUDY SHOWED THAT PEOPLE TEND TO BE INACCURATE WHEN RECORDING THEIR INTAKE. AS A MATTER OF FACT, THE STUDY GROUP, ON AVERAGE, WAS EATING 47% MORE THAN IT CLAIMED TO BE – AND EXERCISING 51% LESS! IT'S NOT ALWAYS INTENTIONAL – SO KEEP YOUR FOOD RECORD WITH YOU IN ORDER TO AVOID TOO MANY "FORGOTTEN" ITEMS!

CAN YOU WEIGH YOURSELF TOO OFTEN? SURE, BUT YOU CAN ALSO BE A LITTLE LAX IN THIS AREA. AS LONG AS YOU'RE COMING TO CLASS ON A FAIRLY REGULAR BASIS AND FACING THE MUSIC, YOU'LL BE ALRIGHT. STAYING OFF THE SCALE FOR TOO LONG IS AVOIDANCE BEHAVIOR, WHICH IS ALMOST ALWAYS BAD! BOTTOM LINE, WEIGHT NEEDS TO BE MONITORED SO THAT IT DOESN'T GET OUT OF CONTROL.

ONE THING IS CLEAR: BASIC RULES DON'T CHANGE. THERE ARE PLENTY OF DIET PLANS (BOOKS, INTERNET, ETC.) TO CHOOSE FROM...IT ALL BOILS DOWN TO INTAKE AND OUTPUT. IF YOU'RE TAKING IN MORE CALORIES THAN YOUR BODY NEEDS, YOU WILL GAIN WEIGHT! A POUND STILL = 3,500 CALORIES!

OUR "NO!" FOOD FOR THIS WEEK: \_\_\_\_\_

“EAT BIG” BREAKFAST IDEAS

|   | CALORIES | FIBER (gr) | PROTEIN (gr) |
|---|----------|------------|--------------|
| QUAKER OATMEAL, WEIGHT CONTROL<br>1 packet      | 160      | 6          | 7            |
| (OR)  |          |            |              |
| CHEERIOS, ¾ CUP                                 | 75       | 2.3        | 2.3          |
| BANANA, 1 MEDIUM                                | 135      | 4          | 1.7          |
| WALNUTS, CHOPPED, 1 T.                          | 48       | .5         | 2            |
| MILK, 1%, 8 OZ.                                 | 105      | 0          | 8.5          |
| SUGAR, 1 t.                                     | 23       | 0          | 0            |
| EGGS (2), SCRAMBLED                             | 154      | 0          | 13.6         |
| CHOPPED SPINACH, FROZEN, 1 CUP                  | 50       | 1          | 2            |
| CHEESE, GRATED CHEDDAR<br>¼ CUP                 | 113      | 0          | 7            |
| SALSA, 2 T.                                     | 9        | .5         | .5           |
| AUNT MILLIE’S WHOLE GRAIN BREAD<br>1 SLICE      | 12       | 6          | 5            |
| OLIVIO, 2 t.                                    | 53       | 0          | 0            |
| NUTRI-GRAIN WAFFLE (LOW FAT,<br>WHOLE WHEAT), 2 | 140      | 3          | 2.5          |
| OLIVIO, 2 t.                                    | 53       | 0          | 0            |
| ¾ CUP DICED CANNED PEACHES &<br>STRAWBERRIES    | 60       | 3          | 0            |
| 1% MILK, 8 OZ.                                  | 105      | 0          | 8.5          |

## “EAT BIG” LUNCH IDEAS

|                                | CALORIES | FIBER (gr) | PROTEIN (gr) |
|--------------------------------|----------|------------|--------------|
| FF GREEK VANILLA YOGURT, 6 OZ. | 100      | 0          |              |
| MANGO, CUBED, 1 CUP            | 107      | 3          | .8           |
| BLUEBERRIES, ½ CUP             | 42       | 3.5        | 1.1          |
| WHEAT THINS (LOW FAT), 16      | 130      | 1          | 2            |

### SANDWICH:

|   |     |     |      |
|---|-----|-----|------|
| AUNT MILLIE’S OAT GRAIN BREAD<br>1 SLICE, CUT IN HALF | 12  | 6   | 5    |
| SMOKED TURKEY FROM THE DELI, 3 OZ.                    | 90  | 0   | 13.5 |
| LOW FAT SWISS CHEESE, 1 OZ.                           | 50  | 0   | 8    |
| LETTUCE OR SPINACH LEAVES AND<br>TOMATO SLICES        | -   | -   | -    |
| LARGE APPLE   | 116 | 5.4 | .6   |
| 1% MILK, 8 OZ.  | 105 | 0   | 8.5  |

### SPINACH SALAD:

|  |     |     |      |
|--|-----|-----|------|
| 3 CUPS COMBINED: SPINACH, SLICED<br>CUCUMBERS, TOMATOES, GRATED<br>CARROTS | 74  | 5.3 | 3    |
| FAT FREE COTTAGE CHEESE, ¾ CUP   | 122 | 0   | 17.6 |
| FAT FREE DRESSING, 2 T.  | 14  | .2  | .2   |
| SOURDOUGH BREAD, 1 OZ.   | 70  | 1   | 5    |
| OLIVIO, 2 t.   | 53  | 0   | 0    |

“EAT BIG” SUPPER IDEAS

|  | CALORIES | FIBER (gr) | PROTEIN (gr) |
|--|----------|------------|--------------|
| GRILLED PORK CHOP, LEAN, 3 OZ.                                   | 170      | 0          | 9.2          |
| CORN-ON-THE-COB, 6”  | 136      | 3.8        | 4.8          |
| OLIVIO, 2 t.   | 53       | 0          | 0            |
| SLICED TOMATOES  | 22       | 1.5        | 1            |
| 1 % MILK, 8 OZ.  | 105      | 0          | 8.5          |
| SHRIMP, SEASONED AND COOKED<br>IN A STEAM ‘N SERVE BAG (8 LARGE) | 44       | 0          | 9.2          |
| WHOLE GRAIN PENNE PASTA, 1 SVG.                                  | 180      | 6          | 7            |
| 1 t. OLIVE OIL, SALT & PEPPER                                    | 45       | 0          | 0            |
| TOSSED SALAD, 1.5 CUPS   | 34       | 1          | 1.3          |
| FAT FREE DRESSING, 2 T.  | 14       | .2         | .2           |
| 8 OZ. 1% MILK  | 105      | 0          | 8.5          |
| <u>STUFFED BAKED POTATO:</u>                                     |          |            |              |
| 1 MEDIUM POTATO  | 161      | 3.8        | 4.3          |
| 4 t. OLIVIO  | 106      | 0          | 0            |
| 2 OZ. DICED HAM  | 50       | 0          | 6.5          |
| ½ CUP COOKED CHOPPED<br>BROCCOLI                                 | 27       | 2.6        | 1.9          |
| 1 OZ. GRATED EXTRA SHARP<br>CHEDDAR                              | 90       | 0          | 7            |
| ½ CUP FAT FREE COTTAGE CHEESE                                    | 81       | 0          | 11.7         |
| DICED TOMATOES, CHIVES, S & P                                    | -        | -          | -            |