

WARREN COUNTY COMBINED HEALTH DISTRICT WEIGHT MANAGEMENT CLASS

SEPTEMBER 24, 2018

FIRST OF ALL, DON'T FORGET: NO CLASS OCTOBER 8TH; THE HEALTH DEPARTMENT WILL BE CLOSED TO OBSERVE COLUMBUS DAY! I DON'T REMEMBER HOW WE GOT ON THE SUBJECT OF FLAX AND CHIA SEEDS LAST MONDAY, BUT, AS PROMISED, THAT'S WHAT WE'RE TALKING ABOUT TONIGHT!

I'D MADE SOME FLAXSEED MUFFINS FOR A FRIEND A COUPLE YEARS AGO. I COULDN'T FIND THE RECIPE, SO I GOT THE ONE FOR THE MUFFINS I BROUGHT IN TONIGHT ONLINE YESTERDAY. I DO LIKE THE TEXTURE, BUT I FELT THEY WERE A BIT BLAND. MAYBE PEGGYANNE CAN MAKE A SUGGESTION OR TWO?

FLAX SEEDS – THE CURE FOR BELLY FAT?

ACCORDING TO SEVERAL FAIRLY RECENT STUDIES, FLAX IS A SOURCE OF HEALTHY FAT THAT KEEPS YOU SATISFIED AND GETS RID OF BELLY FAT! IN FACT, HARVARD UNIVERSITY SCIENTISTS CLAIM THAT ADDING 3 – 4 TABLESPOONS TO YOUR DAILY DIET WILL HELP YOU DROP 37% MORE WEIGHT THAN THOSE WHO DON'T EAT THIS SEED. THEY CREDIT THE PLANT'S LIGNAN, FIBER, AND OMEGA-3 FAT CONTENT. SEEMS LIKE IT'S WORTH A SHOT, RIGHT?

PARTICULARLY INTERESTING TO SOME OF US IS THE FACT THAT THE NATURAL PLANT ESTROGENS CALLED LIGNANS TARGET THE MIDLIFE HORMONAL FLUX THAT CAUSES BELLY FAT TO CREEP ON WITH AGE. THIS IS HOW LIGNANS WORK: ESTROGEN IS METABOLIZED (PRODUCED) IN THE LIVER TO FORM TWO HORMONALLY ACTIVE SUBSTANCES – ONE OF THESE IS LINKED TO OBESITY; THE OTHER HAS FAT-BURNING EFFECTS. THE PLANT LIGNANS APPARENTLY SHIFT THE METABOLISM OF ESTROGEN TO THE MUCH FAVORED SECOND SUBSTANCE!

ANOTHER SIDE EFFECT IS THAT IT ALSO MAY HELP TO EASE HOT FLASHES. ONE STUDY FOUND THAT WHEN WOMEN ADDED FLAX TO THEIR DAILY INTAKE, THE FREQUENCY OF THEIR HOT FLASHES DROPPED BY 50% WITHIN WEEKS.

WE ALL KNOW THAT THE PROBLEM WITH BELLY FAT ISN'T JUST AESTHETIC...IT ALSO PLAYS A HUGE ROLE IN DEVELOPING HEART DISEASE AND DIABETES. THE EFFECTS OF THIS POWERFUL LITTLE SEED CAN GO WAY BEYOND SLIMMING!

FOR GENERAL HEALTH PURPOSES, DR. OZ RECOMMENDS EATING 2 TABLESPOONS PER DAY. IF YOUR EVENTUAL GOAL WILL BE THE AFOREMENTIONED 3 -4 TABLESPOONS PER DAY, PLAN TO START SMALL AND WORK UP TO IT TO AVOID G.I. DISTRESS.

FIRST OF ALL, REMEMBER THAT FLAXSEED COMES WHOLE OR GROUND. YOU WILL GET MORE BENEFIT FROM GROUND. IF YOU BUY FLAXSEED MEAL (WHICH IS THE GROUND FORM), BE AWARE THAT IT WILL "GO BAD" MORE QUICKLY. I WOULD RECOMMEND BUYING WHOLE, GRINDING WHAT YOU'LL NEED FOR A FEW MONTHS, AND DEFINITELY STORE IT IN YOUR REFRIGERATOR.

THIS CALLS FOR A LITTLE EXPERIMENTATION ON YOUR PART IF YOU DECIDE TO TRY IT. I ADDED IT TO A SMOOTHIE ONCE AND IT GOT TOO THICK, SO DON'T GET CARRIED AWAY! I'D SAY ONE TABLESPOON PER ITEM IS A GOOD STARTING POINT. I DON'T DRINK SMOOTHIES VERY OFTEN, AND THIS SEEMS TO BE A POPULAR SUGGESTION OF HOW TO GET FLAX INTO YOUR DIET. YOU COULD TRY ADDING IT TO COOKED OR COLD CEREAL. IT HAS A VERY MILD FLAVOR – MAYBE SLIGHTLY NUTTY, SO I DOUBT IT WOULD INTERFERE IN THAT WAY. LIKE I SAID, THE ONLY PROBLEM I'VE NOTICED IS WITH TEXTURE. YOU COULD PUT IT IN MEATLOAF, BURGERS AND MEATBALLS AND I IMAGINE NO ONE WOULD EVEN NOTICE. I THINK YOU COULD ALSO GET AWAY WITH SPRINKLING IT ON A SALAD. THICKER SOUPS, LIKE CHOWDERS, STEWS OR CHILI – OR EVEN A CASSEROLE COULD ALSO ALL BE GOOD HIDING PLACES!

HERE'S A RECIPE FOR OVEN FRIED CHICKEN: COMBINE ½ - 1 CUP EGG SUBSTITUTE AND 1 TSP CAJUN SEASONING. IN A ZIPLOC BAG, COMBINE ½ CUP WHEAT GERM AND ½ CUP FINELY GROUND FLAXSEED. DIP 6 CHICKEN TENDERLOINS INTO THE EGG MIXTURE, THEN PLACE IN THE BAG OF CRUMB MIXTURE AND SHAKE TO COAT. ARRANGE ON LIGHTLY GREASED BAKING SHEET. LIGHTLY COAT WITH COOKING SPRAY. BAKE @ 350 DEGREES FOR 30 – 45 MINUTES. MAKES 3 SERVINGS, ABOUT 275 CALORIES EACH.

TONIGHT, AS YOU ALREADY KNOW, WE'RE SAMPLING FLAXSEED MUFFINS. THERE ARE A TON OF RECIPES ON THE INTERNET; I SELECTED THIS ONE BECAUSE IT CONTAINED BOTH CHIA AND FLAXSEED. THESE MUFFINS HAVE LESS THAN 200 CALORIES EACH. IN THE INTEREST OF CALORIES, YOU COULD SUBSTITUTE STEVIA FOR THE SWEETENER. (I USED PURE MAPLE SYRUP!) THERE IS A LEARNING CURVE, THOUGH: FOR EVERY CUP OF SUGAR, YOU WILL NEED TO SUBSTITUTE EITHER 1 TEASPOON OF LIQUID STEVIA, 1/3 – ½ TEASPOON OF STEVIA EXTRACT POWDER, 1 TABLESPOON OF STEVIA CONCENTRATED LIQUID, OR 18 – 24 INDIVIDUAL PACKETS. YOU'D ALSO NEED TO REPLACE THE BULK THAT THE SUGAR WOULD HAVE PROVIDED, SO I'M GUESSING EITHER APPLESAUCE OR PUMPKIN WOULD WORK FOR THAT PURPOSE.

HERE'S ANOTHER RECIPE FROM THE WISDOM OF DR. OZ: SKINNY LEMONADE! TO REV UP YOUR METABOLISM, THOROUGHLY COMBINE 1 CUP HOT WATER, ¼ LEMON AND 1 TSP FINELY GROUND FLAXSEED. WORTH A TRY!

IF AND WHEN YOU TRY THIS, REMEMBER TO START SLOWLY AND INCREASE IN SMALL AMOUNTS. FOR EXAMPLE, IF YOU ADD A TABLESPOON OF FLAXSEED TO YOUR MORNING CEREAL, DO THAT FOR A WEEK OR SO. IF IT GOES ALRIGHT, INCREASE THAT TO A COUPLE TABLESPOONS. THIS IS SOMETHING THAT'S INEXPENSIVE AND FAIRLY EASY-AND IF IT WORKS, THAT'S AWESOME! I DON'T THINK IT CAN HURT! DO BE SURE AND DRINK EXTRA WATER, THOUGH.

SPEAKING OF TRYING NEW THINGS...ADDING CHIA SEEDS TO YOUR FOOD IS BASICALLY THE SAME AS ADDING FLAXSEED-NOT REALLY VERY NOTICEABLE. THEY HAVE SOME OF THE SAME PROPERTIES AS FLAXSEED AS FAR AS DIETARY ADVANTAGE, HOWEVER, THEY'RE A LITTLE MORE EXPENSIVE.

ONE OF THE COMPLAINTS I HEAR FROM WOULD-BE DIETERS IS THE NAGGING HUNGER. DR. OZ CLAIMS THEY CONTAIN A NATURAL APPETITE SUPPRESSANT, IF YOU EAT AROUND 2 TABLESPOONS A DAY. HERE AGAIN, YOU'LL WANT TO WORK UP TO THAT AMOUNT. START WITH A TABLESPOON AND BE SURE TO DRINK PLENTY OF WATER. THE WAY CHIA WORKS TO HELP YOU FEEL FULLER IS THAT THE SEEDS CONTAIN A LARGE AMOUNT OF FIBER-IN FACT, OUNCE FOR OUNCE, NEARLY TRIPLE THAT OF OAT BRAN! FIBER CAUSES THE SEEDS TO SWELL TO NINE TIMES THEIR ORIGINAL WEIGHT AFTER YOU EAT THEM. THEY EXPAND IN YOUR STOMACH AND TAKE UP ROOM, THEREBY MAKING YOU WANT TO EAT LESS!

THIS ISN'T THE ONLY REASON TO CHECK OUT CHIA SEEDS. THEY ARE ALSO RICH IN PROTEIN AND MINERALS. THEY HAVE CALCIUM AND OMEGA-3 FATTY ACIDS. OMEGA 3'S DECREASE INFLAMMATION IN THE BODY. THEY'RE CALLED EFA (ESSENTIAL FATTY ACIDS) BECAUSE WE NEED THEM FOR GOOD HEALTH – BUT WE CAN'T PRODUCE THEM OURSELVES, MEANING WE HAVE TO GET THEM FROM THE FOOD WE EAT. CHIA SEEDS ARE ALSO HIGH IN ANTIOXIDANTS (CELL-PROTECTING SUBSTANCES PROVEN TO HELP PREVENT CARDIOVASCULAR DISEASE AND CANCER.)

IF YOU DECIDE TO TRY EITHER ONE OF THESE SEEDS, LET ME KNOW HOW IT GOES, PLEASE! WE'RE GOING TO EXPAND ON THIS LESSON NEXT MONDAY. I ACTUALLY MEANT TO BRING IN BOTH SEEDS TONIGHT – SO WE'LL BE CHECKING THEM OUT NEXT WEEK, AS WELL.

HOW DID YOU DO WITH “NOTHING FRIED” LAST WEEK?

OUR “NO!” FOOD FOR THIS WEEK: **NO BAKED GOODS!**

SEE YOU NEXT MONTH!

HEALTHY OATMEAL CHIA SEED MUFFINS

Prep time 10 mins Cook time 18 mins Total time 28 mins

Healthy oatmeal muffins quickly whisked together and baked in less than 30 minutes! Oatmeal breakfast muffins are the perfect balance of grains turned into a baked good! It is like eating a sweetened bowl of heart-healthy oats out of a muffin pan! Serves: 12

INGREDIENTS

- 1 cup gluten-free flour
- 1 cup gluten-free quick cook oats
- 2 eggs
- 1 teaspoon vanilla
- 1 teaspoon cinnamon
- ¼ teaspoon ginger
- 2 Tablespoons chia seeds
- ¼ cup coconut oil, melted
- ½ cup almond milk
- 3 Tablespoons flax seed meal
- ½ cup honey or maple syrup
- ½ teaspoon Himalayan salt
- ½ teaspoon baking soda
- 1 teaspoon baking powder



INSTRUCTIONS

1. Preheat oven 350 degrees F. Prepare a muffin pan by lining with muffin cups and spraying with cooking spray or use a silicone baking pan and spray gently with cooking spray.
2. In a small microwaveable bowl heat the coconut oil for 30 seconds or until melted in the microwave.
3. In a small bowl whisk quickly together the egg, honey (or maple syrup), vanilla, and melted coconut oil. Set aside.
4. In a medium bowl mix together the gluten free flour, oats, baking soda, baking powder, cinnamon, ginger and salt. Pour the wet ingredients into the dry ingredients. Add the flax meal and chia seeds and start to mix. Add the almond milk and mix until well combined.
5. Distribute evenly into 12 muffin tins. Bake at 350 for about 20-22 minutes or until the tops are slightly browned. Let cool for 10 minutes then transfer to a cooling rack.