

**WARREN COUNTY COMBINED HEALTH DISTRICT WEIGHT MANAGEMENT CLASS**

**JANUARY 14, 2019**

**EAT MORE PRODUCE! CONTINUED!**

**FIRST OF ALL...THERE WILL BE NO CLASS NEXT MONDAY, JANUARY 21<sup>ST</sup>! THE HEALTH DEPARTMENT WILL BE CLOSED IN OBSERVANCE OF MARTIN LUTHER KING DAY! AS ALWAYS, FEEL FREE TO COME IN AT ANY POINT ON TUESDAY THE 22<sup>ND</sup> FOR A WEIGHT CHECK.**

**HOW DID YOU DO WITH “NO FRIED FOOD, OR NO SWEETS” LAST WEEK? FOR SOME REASON, I WAS THINKING ABOUT “ADDING FRUIT” TO OUR DIET BY USING IT IN BAKING THIS WEEKEND. THESE COOKIES YOU’RE SAMPLING TONIGHT ACTUALLY DO HAVE APPLESAUCE – BUT MAKE NO MISTAKE, IT’S NOT ANYWHERE CLOSE TO A WHOLE SERVING! THEY’RE SUPER LOW IN CALORIES, THOUGH: ONLY 49 PER COOKIE! JUST IN CASE YOU’RE INTERESTED, I’VE INCLUDED THE RECIPE AT THE END OF THE LESSON. I WAS REALLY EXPERIMENTING, BECAUSE I’VE ONLY BAKED WITH SWERVE ONCE, AND THAT WAS WHEN I MADE THE CRUSTLESS PUMPKIN PIES FOR OUR THANKSGIVING FEAST.**

**“SWERVE” IS THE TRADE NAME FOR ERYTHRITOL (THERE COULD BE OTHERS, I DON’T KNOW) WHICH IS A SUGAR ALCOHOL. IT’S MADE BY FERMENTING GLUCOSE, AND IT OCCURS NATURALLY (IN SMALL AMOUNTS) IN MANY FRUITS AND VEGETABLES. IT’S GOT ZERO CALORIES PER GRAM. IF YOU REMEMBER, IN THE EARLY NINETIES, XYLITOL WAS REALLY POPULAR. IT’S ALSO A SUGAR ALCOHOL. A FEW DIFFERENCES: XYLITOL PROVIDES 2.4 CALORIES PER GRAM. BECAUSE YOUR BODY CANNOT DIGEST THEM, SUGAR ALCOHOLS TRAVEL THROUGH YOUR DIGESTIVE TRACT UNCHANGED – UNTIL THEY GET TO THE COLON. THERE, THEY ARE FERMENTED BY BACTERIA. THIS MAY CAUSE GAS, DIARRHEA AND / OR BLOATING. STUDIES SUGGEST THAT THIS SIDE EFFECT IS LESS LIKELY TO HAPPEN THAN WITH ERYTHRITOL THAN WITH OTHER SUGAR ALCOHOLS.**

**NOW HERE ARE SOME SUGGESTIONS TO HELP YOU “EAT MORE FRUIT!” EVEN FOR THOSE OF US WHO REALLY ARE “PRO-VEGGIE,” EATING THE DAILY RECOMMENDED AMOUNT CAN BE A CHALLENGE. WHEN I TELL PEOPLE THEY SHOULD EAT MORE FRUIT, FOR EXAMPLE, THEY ASK ME QUESTIONS SUCH AS, “MY KIDS LOVE FRUIT SNACKS! DO THEY COUNT AS A SERVING OF FRUIT?” OR “WE LOVE JUICE. IS THAT OKAY?” THE ANSWERS TO THESE PARTICULAR QUESTIONS ARE “NOPE!” AND “NO, NOT REALLY!” I’VE EVEN BEEN ASKED IF BLUEBERRY POP TARTS COULD COUNT AS A FRUIT SERVING. THE OFFICIAL ANSWER TO THAT IS “I WISH!”**

**OKAY, SO *OF COURSE* YOU CAN CONSUME FRUIT IN THESE FORMS: 100% FRUIT JUICE, FRESH, CANNED, FROZEN, OR DRIED. BUT ALWAYS REMEMBER THAT CAN AND SHOULD ARE TWO DIFFERENT THINGS! FOR EXAMPLE, THINK ABOUT HOW LONG IT TAKES YOU TO DRINK A GLASS OF OJ. LITERALLY A MINUTE – MAYBE TWO! THAT, AS OPPOSED TO PEELING, SECTIONING, AND EATING A WHOLE ORANGE – OBVIOUSLY CHOOSING THE WHOLE PIECE OF FRUIT IS A MUCH BETTER OPTION FOR WEIGHT MANAGEMENT! THE CALORIES ARE ABSORBED AND USED MORE SLOWLY AND EVENLY DUE TO THE FACT THAT YOU HAVE TO CHEW IT...AND THE FIBER HELPS EVEN FURTHER WITH THE SLOW RELEASE OF SUGAR INTO YOUR BLOODSTREAM. DRINKING OJ IS SORT OF LIKE DRINKING POP IN THAT YOU GET THAT ALMOST DIRECT SHOT OF THE SWEET STUFF INTO YOUR BLOODSTREAM! IF YOU REALLY, REALLY LIKE JUICE, TRY CUTTING IT HALF AND HALF WITH FLAVORED WATER. WHEN WE HAD OUR HOLIDAY CELEBRATION IN HERE A COUPLE WEEKS AGO, OUR BEVERAGE WAS SPARKLING 100% APPLE JUICE – CUT (AT LEAST) IN HALF WITH A DRINK CALLED “SPARKLING ICE.” IT’S A FLAVORED WATER, AND THE ONE WE HAD THAT NIGHT WAS ACTUALLY APPLE FLAVORED. (NO CALORIES!)**

**SOMETIMES CANNED PRODUCTS CAN BE MORE ECONOMICAL. IF YOU DO BUY SOME OF YOUR FRUIT IN THE CANNED FORM, MAKE SURE YOU BUY IT IN ITS OWN JUICE (NOT SYRUP!) AND DRAIN THAT JUICE. THE ONLY WAY I THINK I’VE USED FROZEN FRUIT IS WHEN I MAKE SMOOTHIES – WHICH IS SOMETHING I DON’T DO VERY OFTEN. I PREFER TO CHEW MY CALORIES! DRIED FRUIT IS DELICIOUS – BUT YOU HAVE TO WATCH IT! MANY FRUITS ARE SO TART THAT SUGAR AND / OR JUICE MUST BE ADDED DURING THE DRYING PROCESS, THUS INCREASING THE CALORIC CONTENT OF THE**

**FRUIT. DON'T FORGET THAT WATER LOSS EQUALS VOLUME LOSS, SO IT'S EASY TO OVEREAT! THINK ABOUT IT THIS WAY: YOU CAN FIT 30 – 40 GRAPES IN A CUP...AND THAT SAME CUP WILL HOLD 250 RAISINS! LET'S TAKE THE NEXT STEP AND CALCULATE THAT INTO CALORIES: THE GRAPES HAVE ABOUT 100, AND THE RAISINS A WHOPPING **434!****

**SO – I SAID I'D GIVE YOU A FEW SUGGESTIONS TONIGHT. WE'RE GOING TO TALK ABOUT EATING MORE FRUIT. WHO DOESN'T LIKE A NICE SALAD, RIGHT? TRY ADDING SOME FRUIT TO YOUR MAIN COURSE SALAD. IT'S BETTER THAN IT SOUNDS! A RESTAURANT IN GERMANTOWN USED TO SERVE (AND STILL MIGHT, I HAVEN'T BEEN THERE IN AWHILE!) A GRILLED CHICKEN SALAD. IT WAS ON A BED OF NICE GREENS. IT HAD PINEAPPLE AND PEACHES – AND A LEMON DRESSING. (EVERYONE IN HERE KNOWS ABOUT THE “FORK DIPPING” METHOD OF EATING DRESSING, RIGHT?) PERFECT BLEND OF SWEET AND SAVORY!**

**THE NEXT TIME YOU GRILL OUT (WE GRILL IN ALL SEASONS! - LOL AND BY “WE” I MEAN “KEN!”) ANYWAY...THE NEXT TIME, TRY SOME THICK PINEAPPLE SLICES. IF YOU SPRITZ THEM WITH A TINY BIT OF CANOLA OIL (I USED A PAPER TOWEL, ACTUALLY) THEY CARMELIZE ON THE OUTSIDE – WHICH IS AS LOVELY AS IT SOUNDS!**

**PINEAPPLE IS IN SEASON; YOU MAY HAVE NOTICED THAT THE PRICE HAS BEEN MORE REASONABLE LATELY. APPLES ARE ALSO IN SEASON! DON'T FORGET ABOUT THE OLD STANDBY, APPLES AND CHEESE! JUST REMEMBER TO GO EASY ON THE CHEESE. IF SUPPER'S RUNNING A LITTLE LATE, I PUT THIS COMBO ON A CUTTING BOARD AND WE HAVE A GROWN-UP APPETIZER!**

### **SUGAR COOKIES**

**¼ CUP BUTTER (ROOM TEMP)**

**14 TBSP FLOUR**

**10 TBSP SWERVE GRANULAR**

**¼ TSP SALT**

**1 EGG**

**½ TSP VANILLA**

**¼ CUP UNSWEETENED APPLESAUCE**

**¼ TSP BAKING POWDER**

1. PREHEAT OVEN TO 375 (I USED 365 BECAUSE I LIKE VERY LIGHTLY BROWNEED BOTTOMS) AND LINE A COOKIE SHEET WITH PARCHMENT PAPER.
2. CREAM TOGETHER BUTTER AND SWERVE TIL LIGHT AND FLUFFY; ADD APPLESAUCE AND EGG. MIX UNTIL WELL COMBINED.
3. STIR IN FLOUR, SALT, BAKING POWDER, AND VANILLA.
4. SCOOP DOUGH BY THE TABLESPOONFUL ONTO COOKIE SHEET, SPACING 1 ½ - 2 INCHES APART.
5. BAKE FOR ~ 9 MINUTES.

**\*THIS MAKES 18 COOKIES. LIKE I SAID BEFORE, 49 CALORIES EACH!\***



**OUR "NO!" FOOD FOR THE NEXT TWO WEEKS: CHOCOLATE**

