

## WARREN COUNTY COMBINED HEALTH DISTRICT WEIGHT MANAGEMENT CLASS

JANUARY 7, 2019

EAT MORE PLANTS!!!

FIRST OF ALL, **HAPPY NEW YEAR!** LET'S TAKE A MOMENT AND REFLECT ON THE PROGRESS YOU'VE MADE!

I'M ALWAYS TELLING YOU TO EAT MORE PRODUCE...I'M NOT A VEGETARIAN BY ANY MEANS, BUT LIKE I ALWAYS SAY, "EATING TOO MANY FRUITS OR VEGETABLES IS NOT WHAT BROUGHT US TOGETHER TONIGHT!" IT'S HARD TO GO WRONG WITH THIS FOOD GROUP. OH, I'M NOT SAYING IT'S IMPOSSIBLE (FOR EXAMPLE, RESTAURANT MENUS FEATURING CRAZY ITEMS LIKE DEEP-FRIED GREEN BEANS – OR OTHERWISE INNOCENT VEGGIES SMOTHERED IN BUTTER AND CHEESE SAUCE – ETC., ETC.!) BUT GENERALLY SPEAKING, THIS FOOD GROUP IS MUCH LESS "CALORIE DENSE" THAN THE OTHERS. AS AMERICANS, WE'RE AMONG THE WORLD'S BIGGEST MEAT EATERS. ALSO AS AMERICANS, WE'RE IN POSSESSION OF SOME OF THE WORLD'S BIGGEST BMIs! (ACCORDING TO WIKIPEDIA, WE'RE CURRENTLY NUMBER 12. DOESN'T SOUND THAT TERRIBLE, UNTIL YOU REALIZE THAT'S OUT OF ALMOST 200 COUNTRIES!) CONSIDERING THIS, MAYBE 2019 COULD BE THE YEAR WE MAKE A CHANGE IN OUR OWN KITCHENS?

AS A DIETITIAN, PATIENTS WITH LOW BLOOD LEVELS OF IRON ARE ROUTINELY REFERRED TO ME. I CAN'T THINK OF A MORE CONVENIENT NOR EFFICIENT WAY (FOOD-WISE) TO RAISE THIS IMPORTANT LAB VALUE THAN EATING RED MEAT. BESIDES THAT, WE HAVE NATURALLY OCCURRING ENZYMES IN OUR BODIES CALLED *PROTEASES*, WHOSE FUNCTION IS TO HELP BREAK DOWN PROTEINS. SO THE WAY I SEE IT, "EATING MEAT" IS NOT ACTUALLY THE PROBLEM. THE PROBLEM IS (AS USUAL!) *THE PORTION SIZE*. IT'S NOT THAT MEAT IS BAD FOR YOU, PER SE...BUT AGAIN: THE AMOUNT WE CONSUME AT ONE SITTING CAN BE PRETTY RIDICULOUS! THE PREPARATION METHODS CAN CERTAINLY PLAY A PART, AS WELL. AS IS TRUE WITH MANY CASES, KNOWING BETTER AND DOING BETTER CAN BE TWO COMPLETELY DIFFERENT THINGS!

**HOW DO I CHANGE?**

DON'T *JUST* EAT **MORE** PLANTS...WHILE YOU'RE AT IT, PLAN TO EAT **LESS** PROCESSED FOOD. THIS ALMOST ALWAYS MEANS COOKING AND EATING AT HOME. MORE WORK, YES – BUT ISN'T YOUR HEALTH (AND THE HEALTH OF THE ONES YOU LOVE!) MORE THAN WORTH IT? WE CAN BRAIN STORM AND SHARE SOME IDEAS ON HOW TO ACCOMPLISH THIS!

OBVIOUSLY, THE FIRST STEP TOWARD EATING A MORE PLANT-BASED DIET IS FIGURING OUT WHERE YOUR PROTEIN IS GOING TO COME FROM. IT'S NOT THAT TOUGH, REALLY. YOU

MIGHT BE SURPRISED TO FIND OUT THAT YOU'LL GET AS MUCH PROTEIN FROM A ONE-CUP SERVING OF BLACK BEANS AS YOU WOULD FROM A COUPLE OUNCES OF GROUND BEEF. YOU COULD TRY SUBSTITUTING TOFU FOR CHICKEN IN A STIR-FRY; YOU'LL GET OUNCE-FOR-OUNCE PRETTY MUCH THE SAME AMOUNT OF PROTEIN! A HALF-CUP OF BLACK EYE PEAS HAS THE SAME AMOUNT OF PROTEIN AS ONE LARGE EGG! IF ALL THAT'S TOO MUCH TO WRAP YOUR HEAD AROUND (MAYBE YOU'RE A CONFIRMED CARNIVORE, LIKE A CERTAIN HUSBAND I KNOW?!) YOU COULD TRY GOING HALFSIES: I MADE TACOS WITH PART PULLED PORK AND PART PINTO BEANS THE OTHER NIGHT. MUY BIEN!

EATING MORE FRUITS AND VEGETABLES CAN HELP YOU REACH YOUR GOAL WEIGHT – AND IT CAN BE DELICIOUS, TOO! MY ADVICE IS TO LOOK FOR WHAT'S ON SALE IN THE PRODUCE DEPARTMENT EACH WEEK; THAT WAY YOU'LL GET A GOOD VARIETY. THE EXPERTS CALL IT “EATING A RAINBOW!” I PROMISE YOU: YOU WON'T FEEL LIKE YOU'VE LOST A THING – EXCEPT MAYBE A FEW POUNDS!

YOU KNOW THAT PART OF THE PROCESS OF DIGESTION REQUIRES BACTERIA. THE GOOD GUYS (FRIENDLY BACTERIA) ARE SUPPORTED BY A PRODUCE-RICH DIET. THEY FEED ON THE FIBER IN YOUR DIGESTIVE TRACT, CONVERTING IT TO SHORT-CHAIN FATTY ACIDS, WHICH SUPPRESS INFLAMMATION AND HELP PROTECT YOUR BODY AGAINST AILMENTS SUCH AS HEART DISEASE AND DIABETES. HOW DO YOU GET TO THE 22 TO 28 RECOMMENDED GRAMS PER DAY?

LENTILS (ONE CUP COOKED):	15.6 GRAMS
CHICK PEAS (ONE CUP COOKED):	12.5 GRAMS
GREEN PEAS (ONE CUP COOKED):	8.8 GRAMS
AVOCADO (ONE HALF LARGE):	8.5 GRAMS
BULGUR (ONE CUP COOKED):	8.2 GRAMS
BLACKBERRIES (ONE CUP):	7.6 GRAMS
PEAR (ONE MEDIUM):	5.5 GRAMS
OATS (ONE CUP COOKED):	4.0 GRAMS

### IT ALL ADDS UP!

FOR MANY OF US, “PROCESSING” COMES MAINLY IN THE WAY OF SNACK FOODS – AND FAST FOOD. I'D PROBABLY BE BETTER OFF WITHOUT MOST OF THE SNACK FOODS WE EAT AT OUR HOUSE! GOOD ALTERNATIVE? OBVIOUSLY, A CRUNCHY APPLE, OR A HANDFUL OF ALMONDS. SOMETIMES THAT'S JUST NOT ENOUGH TO TAKE THE EDGE OFF, THOUGH! SOME OPTIONS YOU MIGHT TRY:

RED PEPPER STRIPS AND GUACAMOLE

GREEK YOGURT AND MIXED BERRIES

APPLE SLICES DIPPED IN GROUND FLAXSEED/CINNAMON

DARK CHOCOLATE AND ALMONDS

CUCUMBER SLICES AND HUMMUS

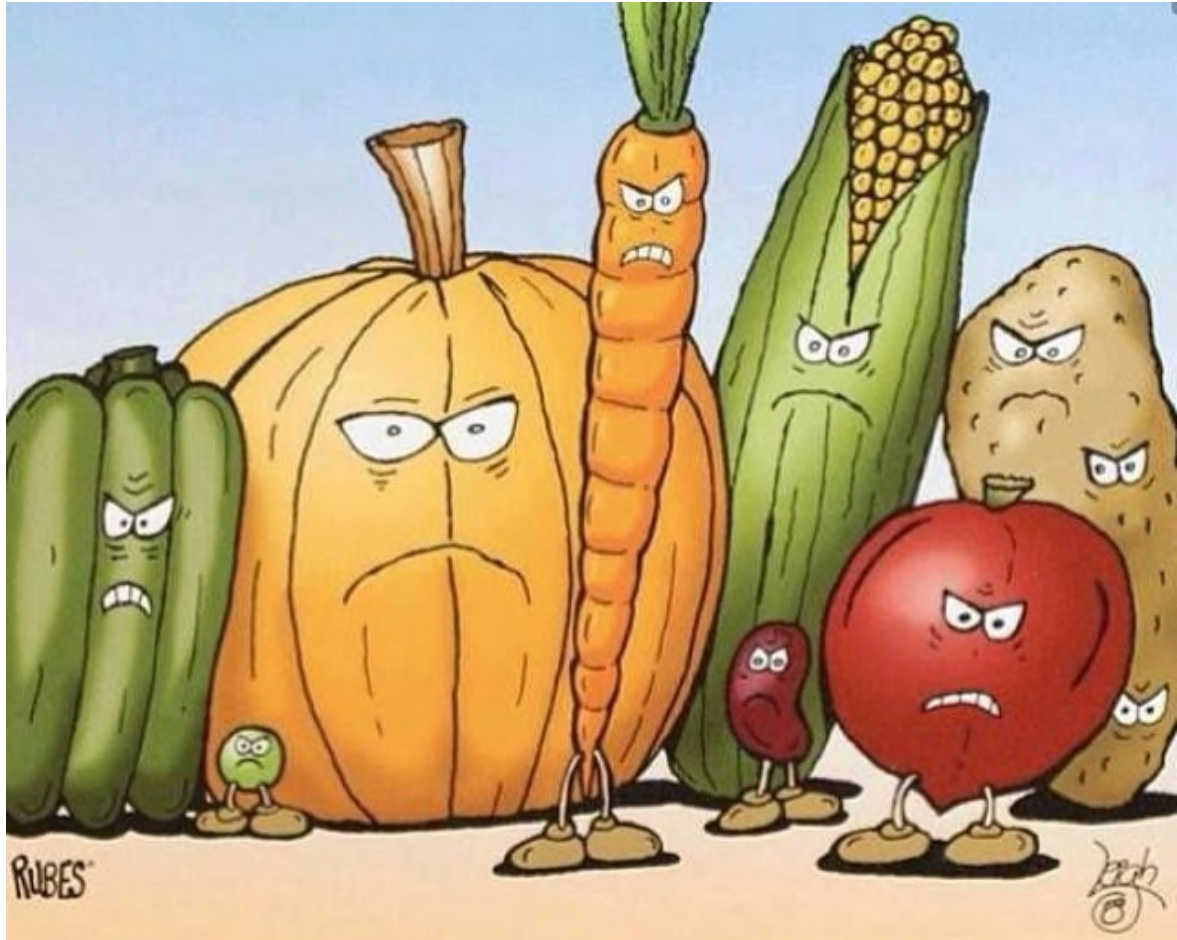
CHERRY TOMATOES AND MOZZERELLA

CHIA SEED PUDDING

OK, ENOUGH ALREADY! THIS IS MAKING ME HUNGRY!!!

HOW DID YOU DO WITH "NO SWEETS?"

OUR "NO!" FOOD FOR THIS WEEK: **SWEETS AND FRIED FOODS!!!**



steamed vegetables