

WARREN COUNTY COMBINED HEALTH DISTRICT WEIGHT MANAGEMENT CLASS

FEBRUARY 5, 2018

CLEAN EATING...THE BASICS

YOU'VE PROBABLY HEARD THIS TERM TOSSED AROUND A LITTLE...EITHER BY THE MEDIA, FROM YOUR FRIENDS, OR MAYBE AT WORK. THE TERM ITSELF IS RATHER VAGUE IN THAT IT MEANS SOMETHING A BIT DIFFERENT TO EACH PERSON. THINK OF "CLEAN EATING" AS MORE OF A LIFESTYLE THAN A DIET. AS IS TRUE IN NEARLY EVERY CASE, YOU CAN GO OVERBOARD. I'VE FOUND THAT EXTREMES IN JUST ABOUT *ANYTHING* YOU'D WANT TO NAME ARE A BAD IDEA. MODERATION, PEOPLE!

YOU MAY HAVE HEARD ME SAY THAT YOU CAN'T OUT-EXERCISE A BAD DIET. HEALTH & WELLNESS DEPEND ON NUTRITION/FOOD *AND* ACTIVITY/EXERCISE! CLEAN EATING CAN BE AN IMPORTANT PART OF THIS EQUATION.

WHAT I'VE FOUND TO BE TRUE ABOUT THIS IS THAT ALMOST AS CRUCIAL AS WHAT YOU ARE EATING IS (IN MOST CASES!) WHAT YOU'RE NOT EATING! YOU'RE FORGOING MOST IF NOT ALL PROCESSED FOODS-WHICH FOR A LOT OF PEOPLE ELIMINATES WELL OVER HALF THEIR DIET! WHAT THAT LEAVES IS WHOLE, UNREFINED FOODS. THIS IS MORE WORK, YES. ANOTHER COMPLAINT/COMMENT I HEAR IS THAT *IT'S TOO EXPENSIVE!* WE CAN TALK ABOUT SOME WAYS TO GET AROUND BOTH THESE ISSUES.

EATING CLEAN MIGHT BE A MATTER OF SIMPLY TWEAKING WHAT YOU'RE ALREADY DOING...OR IT MAY MEAN TURNING OVER A WHOLE NEW LEAF! LIKE I MENTIONED BEFORE, YOU DON'T NEED TO GET OBSSIVE. YOU CAN STILL ENJOY YOUR FOOD, AND IN FACT YOU SHOULD! THE "MORE WORK" PART I MENTIONED IS A REALITY. YOU DO HAVE TO DO A LITTLE COOKING. THE RECIPES I'VE INCLUDED ARE SIMPLE & INEXPENSIVE. IF YOU PREPARE BIGGER QUANTITIES THAN YOU NEED, (AS ALWAYS!) LEFTOVERS COME IN HANDY FOR LUNCH THE NEXT DAY.

YOU WILL HAVE TO START (IF YOU'RE NOT DOING THIS ALREADY!) SHOPPING THE PERIMETER OF THE GROCERY STORE. AS A GENERAL RULE, THAT'S WHERE THE FRUITS AND VEGETABLES, MEATS, AND WHOLE-GRAIN PRODUCTS LIVE! THE GOLDEN RULE OF CLEAN EATING (ACTUALLY ANY KIND OF EATING!) IS TO INCLUDE AS MUCH PRODUCE AS POSSIBLE. A LOT OF THE ITEMS IN THE INTERIOR AISLES WOULD ACTUALLY BE CLASSIFIED AS "FOOD-LIKE SUBSTANCES," RATHER THAN ACTUAL FOOD!

TRY TO ELIMINATE ADDED SUGARS. SUGAR IS A SUSPECTED CULPRIT IN MANY DISEASE PROCESSES. THIS IS DUE TO THE FACT THAT IT CAUSES AN INFLAMMATORY RESPONSE IN YOUR BODY. IT PAINS ME TO SAY THAT...I HAVE ALWAYS BEEN A BIG FAN OF SUGAR. THIS IS A TOUGHIE FOR MOST OF US. HOWEVER, ONCE YOU DO CUT OUT ADDED SUGAR, YOU'LL FIND YOUR TASTE BUDS ARE MUCH MORE ACUTE THAN THEY ONCE WERE. IF YOU'RE A SUGAR-HOLIC (MADE THAT UP!) THE DAY WILL COME WHEN THE CRAVINGS STOP, OR AT THE VERY LEAST THEY'LL BE MANAGEABLE. AFTER THAT, A SUNDAE FROM MCDONALDS WILL TASTE LIKE WHAT IT IS: A SUPER-SWEET AND UNSATISFYING BUNCH OF MYSTERY INGREDIENTS.

DRINK MORE WATER! HYDRATED MUSCLES GROW AND PERFORM AT A HIGHER LEVEL. THEY ARE BETTER PROTECTED AGAINST CATABOLISM (BREAKDOWN) THAN ARE MUSCLES THAT ARE A QUART LOW. (THIS LAST ONE I DID NOT KNOW!) IF THIS IS HARD FOR YOU, MAYBE YOU COULD INFUSE YOUR WATER WITH FRUITS AND VEGETABLES? I HAVE MINT IN MY FLOWER BED THAT I'VE USED FOR THIS. I ALSO SLICE ENGLISH CUCUMBER, LIME OR LEMON – BUT YOU COULD USE WHATEVER YOU HAVE ON HAND. ANYTHING THAT INCREASES YOUR INTAKE IS GOOD!

EVERY MEAL IS IMPORTANT. REALIZE THAT YOU'RE TAKING CARE OF YOUR BODY. SIT DOWN AND FOCUS ON EATING. BE MINDFUL AND TRY TO "BE IN THE MOMENT." ONE THING THAT YOU'LL NOTICE ABOUT THIS TYPE OF EATING IS THAT IT DOES TAKE YOU LONGER. (NOT ONLY THE SHOPPING / PREP / COOKING, BUT ALSO THE ACTUAL EATING!) THE EXAMPLE I ALWAYS THINK OF IS COMPARING A FAST-FOOD CHEESEBURGER TO ONE YOU'VE MADE AT HOME. THE FIRST ONE TAKES FIVE MINUTES TO EAT, IF THAT! IF YOU GRILL LOW FAT MEAT, ADD A SLICE OF (REAL!) CHEESE, AND SERVE IT ON A WHOLE GRAIN BUN, YOU'RE TALKING PROBABLY MORE LIKE 12 TO 15 MINUTES. TRUST ME, YOU'LL BE MUCH MORE SATISFIED WITH THE ONE YOU FIXED YOURSELF!

BALANCE AND MODERATION ARE KEY! YOU'VE MOST LIKELY HEARD ME SAY THAT THE WAY I PLAN MY SUPPERS IS: A PROTEIN, A WHOLE GRAIN (CARBS), AND A VEGGIE. REMEMBER! IF EVERYONE WOULD DO EVERYTHING KATHY DICKEY SAYS, THIS WORLD WOULD BE A BETTER PLACE! JUST KIDDING. SORT OF. SERIOUSLY, YOU NEED CARBS. IN FACT, THEY'RE YOUR BODY'S PREFERRED SOURCE OF ENERGY. YOU JUST DON'T NEED THE CARBS THAT COME FROM A BOX!

PUT THE SPOTLIGHT ON NUTRIENTS, NOT JUST CALORIES. START READING LABELS. MOST OF US PAY ATTENTION TO THE CALORIES PER SERVING MORE THAN ANYTHING. (GUILTY!) START READING LABELS. AS A GENERAL GUIDELINE, THE LESS INGREDIENTS, THE BETTER. ALSO, IF YOU CAN'T PRONOUNCE OR DON'T RECOGNIZE THE WORD, YOU'D PROBABLY BE BETTER OFF NOT EATING IT.

YOUR GOALS ARE TO HAVE BETTER ENERGY LEVELS, A HEALTHY WEIGHT, AND STABLE BLOOD SUGAR. THE DECISIONS YOU MAKE ON A DAILY BASIS WILL HELP YOU REACH THESE GOALS! THIS IS NOT TO SAY THAT YOU CAN'T GO OUT TO EAT. WHEN YOU DO, JUST MAKE THE BEST CHOICES THAT YOU CAN.

ONE PROBLEM I'VE RUN INTO IS SNACKS. I NEED MY PICK-ME-UPS! BESIDES FRUIT, WHAT WILL WORK? SOME SUGGESTIONS I FOUND ON THE INTERNET: CARROT STICKS DIPPED IN HONEY MUSTARD. CELERY OR APPLES DIPPED IN ALMOND BUTTER. IDEAS?

A COUPLE OF ISSUES AND INCONSISTENCIES I'VE FOUND: WHY, FOR INSTANCE, DO SOME OF THE FOOD LISTS FOR "CLEAN EATING" SPECIFY GLUTEN-FREE PRODUCTS (LIKE CRACKERS) AND THE SAME LIST ALSO INCLUDES WHEAT TORTILLAS? ANOTHER THING - I'VE GIVEN YOU A "CLEAN" RECIPE FOR BLACK BEAN BURGERS THAT CALLS FOR RANCH DRESSING MIX. THAT SEEMS PRETTY PROCESSED TO ME. SPEAKING FOR MYSELF, I DO SOMETIMES BUY NATURAL PEANUT BUTTER, WHICH IS RECOMMENDED ON THE FOOD LISTS...HOWEVER! I USE THE PEANUT BUTTER (PROCESSED!) WE HAVE HERE PRETTY MUCH DAILY FOR MY TOAST. I GUESS THAT'S MY OWN INCONSISTENCY!

ANYTIME YOU'RE TRYING TO CHANGE YOUR EATING HABITS, YOU'LL NEED TO PLAN AHEAD. THIS MEANS WRITING A MENU, MAKING A LIST, AND GOING TO THE GROCERY STORE. YOU SHOULD BE DOING THAT ANYWAY, BUT SOMETIMES BAD HABITS GET IN THE WAY OF CARING FOR YOURSELF AND YOUR FAMILY! ONE THING LEADS TO ANOTHER, AND THE NEXT THING YOU KNOW YOU'RE PULLING INTO A DRIVE THRU. WHEN YOU BRING YOUR FOOD HOME FROM THE STORE, MAKE IT PART OF YOUR ROUTINE TO BEGIN THE PREP AS YOU'RE PUTTING IT AWAY. WASH THE BERRIES, CUT UP A PEPPER INSTEAD OF JUST THROWING IN THE CRISPER. MAKE IT INTO "FAST FOOD!" IF YOU LOOK IN THE REFRIGERATOR AND THE FIRST THING YOU SEE IS A BOWL OF CUT-UP FRUIT, YOU'RE MUCH MORE LIKELY TO EAT A BOWL THAN YOU WOULD BE IF IT'S ALL JUST LAYING THERE WAITING FOR SOMEONE TO FIX IT! YOU'RE FOR SURE LIKELY TO EAT IT IF THERE'S NOT A JUNK FOOD ALTERNATIVE IN THE PANTRY! REMEMBER, YOU CAN'T EAT WHAT YOU DON'T HAVE.

ONE BENEFIT, BESIDES LOSING WEIGHT AND HAVING MORE ENERGY, WILL BE A HAPPIER BELLY. IF YOU HAVE DIGESTIVE ISSUES, THIS ALMOST CERTAINLY WILL HELP. NOW IF YOU HAVE DIETARY RESTRICTIONS DUE TO A DIFFERENT PROBLEM (FOR EXAMPLE, IF YOU SUFFER FROM DIVERTICULITIS) YOUR DOCTOR MAY HAVE WARNED YOU TO STAY AWAY FROM NUTS AND SEEDS. IF THAT'S THE CASE, MAKE THE NECESSARY ADJUSTMENTS TO THE FOOD PLAN AND LEAVE THOSE THINGS AT THE STORE.

NEXT WEEK, I'LL GIVE YOU A RECOMMENDED FOODS LIST AND A MENU PLAN, IN CASE YOU'D LIKE TO TRY "CLEAN EATING"...OR MAYBE JUST EATING A LITTLE CLEANER! WHAT KYLEE AND I DID WHEN SHE WAS LIVING AT HOME WAS TAILORED TO OUR LIKES AND DISLIKES - SO I GUESS YOU COULD SAY WE WERE EATING CLEAN-ISH!

"NO!" FOOD FOR THIS WEEK: COOKIES!!!

FYI...NO CLASS MONDAY, FEBRUARY 19TH, NOR MARCH 5TH!!!

BLACK BEAN BURGERS

1 CAN BEANS, RINSED/DRAINED	2 T PAPRIKA
PKT RANCH SEASONING	2 T CHILI POWDER
1 EGG, BEATEN	1 T CUMIN
½ ONION, DICED	3 T SRIRACHA
2 JALAPENOS, DICED	3 T WATER
2 CLOVES GARLIC, MINCED	½ CUP OATS

- PREHEAT OVEN TO 350
- MASH BEANS, ADD VEGETABLES.
- WHISK WATER, SRIRACHA, SPICES.
- MIX OATS & EGG INTO BEAN MIXTURE. COMBINE WITH SEASONINGS.
- SPOON ONTO PREPARED BAKING SHEET. SHAPE ~ 3/4 " THICK BURGERS.
- BAKE ~10 MINUTES ON EACH SIDE. (SERVES 6; ~ 124 CALORIES/BURGER.)

GRILLED SPICY SHRIMP TACOS

1# PEELED, DEVEINED SHRIMP	2 T OLIVE OIL
1 TEASPOON CUMIN	6 WHEAT TORTILLAS
1 TEASPOON CAYENNE	RED CABBAGE, ETC.
1 LIME, JUICED	S & P

- COMBINE ALL SPICES + OIL. THREAD SHRIMP ONTO SKEWERS, SEASON WITH S & P.
- BRUSH SHRIMP WITH LIME MIXTURE.
- GRILL, ~ 3 MINUTES ON EACH SIDE.
- ROUGHLY CHOP SHRIMP.
- FILL EACH TORTILLA WITH SHRIMP & DESIRED TOPPINGS.

THIS RECIPE WILL SERVE 4; IT'S PRETTY LOW IN CALORIES. WHEAT TORTILLAS USUALLY HAVE AROUND 80 CALORIES EACH; THE SHRIMP WOULD BE AROUND 90 FOR A 3 OZ. SERVING. IF YOU USE CHEESE AS A TOPPING, USE SHARP CHEDDAR. (MORE FLAVOR USING LESS PRODUCT = LESS CALORIES.) THIS HAS AROUND 113 CALORIES / OZ.) THE OTHER TRADITIONAL TOPPINGS: SALSA, TOMATOES, ONIONS, ETC.) ARE NEGLIGIBLE. I USE RED CABBAGE WITH CHOPPED FRESH CILANTRO & A LITTLE LIME JUICE, INSTEAD OF LETTUCE!

ALMOND BUTTER BARS

¾ CUP RAW HONEY 1 CUP RAW ALMOND BUTTER 3 CUPS OATS

- HEAT HONEY & BUTTER ON LOW TIL MELTED.
- POUR OVER OATS & STIR THOROUGHLY.
- POUR & PRESS INTO A 9" BAKING PAN. BAKE @ 350 FOR ~ 15 MINUTES.
CAREFUL WITH THIS ONE; IT'S DEFINITELY IN THE TREAT CATEGORY! I ACTUALLY DECIDED AGAINST MAKING IT, FOR THE SIMPLE FACT THAT PORTION CONTROL IS NOT ONE OF MY SPECIALTIES – AND THESE ARE PRETTY HIGH IN CALORIES.

HAM & EGG CUPS

6 WHOLE EGGS 6 SLICES HAM

- GREASE MUFFIN TIN
- PLACE 1 SLICE HAM IN EACH TIN
- CRACK ONE EGG INTO EACH SLICE; SEASON WITH S & P
- BAKE @ 350 ~ 15 MINUTES
THIS WILL GIVE YOU A LITTLE OVER A HUNDRED CALORIES; THEY ARE REALLY PORTABLE & HEAT UP WELL IN A MICROWAVE. I PUT THEM IN A SEALED CONTAINER IN THE REFRIGERATOR & THEY WERE FINE FOR UP TO 6 DAYS. DELICIOUS.

MUFFIN TIN TACOS

1 PKG WONTON WRAPPERS TACO SEASONING
1 # GROUND BEEF ASSORTED TOPPINGS

- COOK/DRAIN/SEASON BEEF
- PREHEAT OVEN TO 350
- PLACE TWO WRAPPERS IN EACH TIN
- SPOON BEEF INTO WRAPPERS
- BAKE ~ 15 MINUTES UNTIL CORNERS OF WRAPPERS ARE GOLDEN BROWN.
- TOP WITH YOUR FAVORITE TOPPINGS
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THESE WERE GOOD AND SIMPLE. I COOKED A POUND OF LOW FAT GROUND BEEF & A POUND OF LOW FAT GROUND TURKEY TOGETHER AND SEASONED IT. HERE AGAIN, THE CALORIES WILL MAINLY DEPEND ON YOUR CHOICE OF TOPPINGS. EASY!