

WARREN COUNTY COMBINED HEALTH DISTRICT WEIGHT MANAGEMENT CLASS

JULY 16, 2018

HONEY, I'M HOME!!!

WHAT'S THE MEAL MOST LIKELY TO DESTROY ALL YOUR HARD WORK? THAT'D BE SUPPER. MOST OF US HAVE A FAIRLY EASY TIME WITH BREAKFAST AND LUNCH-BUT THE MINUTE WE WALK THROUGH THAT DOOR AND KICK OFF OUR SHOES, WE'RE GOOD AND HUNGRY! WE NIBBLE WHILE WE COOK-AND THEN THE MEAL GOES ON THE TABLE! EVERYONE-INCLUDING YOU-DIGS IN! IT'S REALLY HARD TO PASS ON SECONDS, AFTER THE HARD DAY YOU'VE HAD! DESSERT? WELL, MAYBE JUST A LITTLE SOMETHING...

IF THIS SOUNDS FAMILIAR, YOU'RE NOT ALONE! THE AVERAGE AMERICAN WOMAN EATS 46% OF HER CALORIES AFTER 5:00 P.M.!

IS THE PROBLEM REALLY SUPPER? MAYBE NOT. IF YOU'RE EITHER SKIPPING OR SKIMPING ON BREAKFAST AND/OR LUNCH, YOU REALLY WILL BE RAVENOUS BY SUPPERTIME!

IF YOU'RE A NIGHT EATER, YOU'RE GOING TO HAVE TO TURN YOUR EATING HABITS UPSIDE DOWN. IT IS THE WORST THING YOU CAN DO! IT'S PRETTY UNLIKELY THAT YOU'LL BURN OFF A SIGNIFICANT AMOUNT OF CALORIES BEFORE YOU GO TO BED. SINCE YOUR BODY GOES ON A SLOW BURN WHILE YOU SLEEP, THOSE CALORIES WILL ALSO LOOK FOR A COZY PLACE TO REST! YIKES!

IF THIS IS YOU, TRY EATING A LITTLE MORE DURING THE DAY. ADD 100 *HEALTHY* CALORIES EACH TO YOUR BREAKFAST AND LUNCH AND SEE IF THINGS DON'T EVEN OUT A LITTLE!

NOW FOR THE TRICKY PART: YOUR MEAT-AND-POTATO LOVING HUBBY AND/OR YOUR PICKY KIDS. COMMUNICATION, COMPROMISE AND SHEER TRICKERY MUST ALL WORK TOGETHER HERE!

MAKE YOUR FAMILY AWARE OF YOUR INTENTIONS. ASK THEM TO HELP YOU WATCH WHAT YOU EAT! THIS CAN GET OLD, BUT IT'S FOR SURE BETTER THAN BEING CONSTANTLY TEMPTED WITH SECOND HELPINGS.

FILL UP ON VEGETABLES! CUT BACK ON THE MORE CALORIE-DENSE STUFF. MY MEALS AT NIGHT ARE PRETTY BASIC-A MEAT (OR SOME PROTEIN SOURCE), A STARCH AND A VEGGIE. IT'S EASY TO LIMIT THE AMOUNT OF MEAT, SINCE I'M THE HUNTER AND GATHERER! I DON'T OVER-BUY, AND I TAKE OUT OF THE FREEZER WHAT I THINK IS JUST ENOUGH FOR KEN & I. AS FAR AS THE STARCH GOES, I JUST LIMIT THE AMOUNT THAT I PREPARE. VEGETABLES I NORMALLY KIND OF OVERDO. IT CAN'T HURT, AND IF THERE ARE TOO MANY I CAN BRING THEM IN MY LUNCH THE NEXT DAY.

COOK UP AN OPTICAL ILLUSION! "COMBINATION FOODS" LIKE A STIR-FRY OR A STEW MAKE THIS A REAL POSSIBILITY. A WHOLE BUNCH OF VEGETABLES SERVED OVER SOME KIND OF GRAIN OR A GOOD BROTH IN THESE DISHES MAKE USING JUST A LITTLE MEAT LESS NOTICEABLE! LIKEWISE WITH SOMETHING LIKE FAJITAS. USE A TON OF ONION AND PEPPER, AND ONLY 3 OR 4 STRIPS OF MEAT.

DON'T FORGET TO PLAN YOUR MEALS BY COLOR. IT'S NOT JUST A MYTH! THE MORE COLORFUL THE MEAL, THE MORE NUTRITIOUS IT IS.

TRY, TRY, AND TRY AGAIN! IT TAKES ABOUT 10 TIMES TO ACQUIRE A TASTE FOR SOMETHING. ACTUALLY, MOST OF US IN THIS ROOM DON'T HAVE THAT PROBLEM...BUT YOUR FAMILY MIGHT TAKE SOME WORK IN THIS AREA! DON'T GIVE UP, REMEMBER THAT THE GOAL IS NOT JUST WEIGHT LOSS, BUT FOR ACTUAL LIFESTYLE CHANGE!

SWITCH TO FRUIT! FACE IT...SOMETIMES YOU HAVE TO KNOW WHEN TO SAY WHEN. SOME PEOPLE DON'T AND WON'T LIKE VEGETABLES, NO MATTER HOW YOU DRESS 'EM UP! FRUIT AS A SIDE DISH MIGHT BE BETTER ACCEPTED, AND YOU'LL GET THE NUTRIENTS YOU NEED.

SOME LOW-FAT COOKING KNOW-HOW...

DON'T SACRIFICE FLAVOR OR SATISFACTION. EXPERIMENT A LITTLE AND FIND WAYS TO MAKE YOUR DINNERS SOMETHING TO LOOK FORWARD TO!

TAKE YOUR FAVORITE RECIPE, AND CUT DOWN ON THE FAT. YOU MAY NOT GET BY WITH USING GROUND TURKEY INSTEAD OF GROUND BEEF-BUT WHY NOT TRY ½ TURKEY, ½ LEAN GROUND BEEF? JUST MAKE SURE THE TURKEY IS A LOWER-FAT PRODUCT; READ THE LABEL! ALSO-INVESTING IN A QUALITY NONSTICK SKILLET MEANS THAT YOU WON'T HAVE TO USE AS MUCH OIL TO SAUTE FOOD!

SPEAKING OF SAUTEING, TRY USING BROTH INSTEAD OF FAT.

FRYING IS THE WORST WAY TO COOK ANYTHING. HAVE YOU EVER TRIED OVEN FRYING? TO SAVE 12 GRAMS OF FAT PER SERVING, MAKE OVEN-FRIED POTATOES: SLICE BAKING POTATOES INTO WEDGES, SPRINKLE WITH CAYENNE PEPPER, AND ROAST IN THE OVEN UNTIL BROWN. FOR CHICKEN, DIP SKINLESS BREAST STRIPS IN EGG WHITES AND ROLL IN PANKO BREAD CRUMBS. SPRAY LIGHTLY WITH OLIVE OIL PAM AND BAKE.

LET IT SOAK. MARINATE YOUR SEAFOOD OR MEAT IN SOYSAUCE, TERIYAKI, OR LIME JUICE, A SMIDGE OF OLIVE OIL AND SPICES...LESS TEMPTING TO FRY!

SHOP AROUND. CHICKEN AND FISH ARE EASY CHOICES. WHEN IT COMES TO MAKING A LOWER-FAT SELECTION OF RED MEAT. A TOP ROUND STEAK CONTAINS 3 GRAMS OF FAT PER THREE-OUNCE SERVING, WHILE A RIB-EYE CONTAINS 10!

ALWAYS TRIM THE FAT BEFORE COOKING. IT CAN MAKE A BIG DIFFERENCE. THREE OUNCES OF BEEF CHUCK POT ROAST, FOR INSTANCE, HAS 18 GRAMS OF FAT. TRIMMED, THE SAME CUT HAS 6!

USE A NONSTICK COOKING SPRAY RATHER THAN OIL OR BUTTER. ALSO, HEAT THE SKILLET FIRST. LESS FAT WILL BE ABSORBED BY THE FOOD.

USE A RACK WHEN ROASTING. OBVIOUSLY, THE FAT WILL DRIP OFF AND THE MEAT DOESN'T STEEP IN IT-REABSORBING ALL THE BAD STUFF!

AN IDEA FOR YOU WING LOVERS! INSTEAD OF USING WINGS, TRY BREAST TENDERS. MARINATE OVERNIGHT IN THE FRIG IN A MIXTURE OF HOT-PEPPER SAUCE, OLIVE OIL (A TAD), GARLIC AND RED WINE VINEGAR. ROAST THE CHICKEN "WINGS" AT 400° FOR 15 MINUTES. YUM!

LOVE MEAT LOAF-OR HOW ABOUT STUFFED GREEN PEPPERS? TRY USING 1/3 GROUND TURKEY, 1/3 LEAN BEEF AND 1/3 OATMEAL OR BROWN RICE. WITH THE RIGHT SPICE/SAUCE COMBINATION, NO ONE WILL BE THE WISER!

I USUALLY DON'T RECOMMEND ORANGE JUICE, BUT A FEW SPOONFULS OF OJ CONCENTRATE CAN ADD A LOT OF FLAVOR TO A STIR-FRY WITHOUT ADDING ANY FAT.

TO PERK UP CORN WITHOUT BUTTER, TRY STIRRING SALSA INTO FROZEN CORN WHILE YOU HEAT IT THROUGH. ANOTHER IDEA WOULD BE TO ADD CAYENNE PEPPER TO THE WATER FOR BUTTER-FREE CAJUN-STYLE CORN-ON-THE-COB.

PORTION CONTROL!

NOW THAT YOU'VE GOT THE FRUIT & VEGETABLE ISSUE UNDER CONTROL, YOU HAVE ONE MORE OBSTACLE TO TACKLE-PORTION SIZE! PUT DOWN YOUR FORK! STEP AWAY FROM THE TABLE!

FIRST THINGS FIRST. WE'VE SPOKE OF THIS MANY TIMES...*SLOW DOWN!*

COVER YOUR PLATE. DON'T SKIMP ON YOUR INITIAL SERVINGS. SOME OF US WILL TRY TO CUT DOWN BY PUTTING A LITTLE OF THIS, A LITTLE OF THAT ON OUR PLATES. WHEN WE GO BACK FOR MORE, THE FIRST TINY BIT SEEMED LIKE NOTHING. HOWEVER, SERVING #2 IS LARGER! #3 IS LARGER STILL. WE CAN END UP FEELING STUFFED BUT STILL UNSATISFIED. INSTEAD, FILL UP YOUR PLATE THE FIRST TIME, MAKING SURE THE MAJORITY OF IT IS COVERED BY NUTRIENT-DENSE, LOWER CALORIE VEGETABLES. MENTALLY, YOU'RE MORE SATISFIED ALREADY.

STAY SEATED! TRY THIS DINNER EXERCISE: SET YOUR TIMER FOR 20 MINUTES. DON'T ALLOW YOURSELF TO GET UP FROM THE TABLE UNTIL IT GOES OFF. WE KNOW THAT IF WE EAT MORE SLOWLY WE'RE LESS LIKELY TO STUFF OURSELVES-HAVE A BIG GLASS OF ICE WATER AND MORE RAW VEGGIES TO MUNCH ON IF YOU REALLY NEED TO OCCUPY YOUR HANDS AND MOUTH.

HAVE A HAPPY ENDING! REMEMBER WHEN YOU COULDN'T WAIT TO BE EXCUSED? TRY THIS: ONCE YOU FINISH YOUR FIRST (AND ONLY!) HELPING, PUT DOWN YOUR FORK, PUT YOUR NAPKIN ON YOUR PLATE, AND MENTALLY PUT AN END TO THE MEAL. TA-DA!

HOW DID YOU DO LAST WEEK WITH “NO POTATOES?”

OUR “NO!” FOOD FOR THIS WEEK: ICE CREAM / FROZEN TREATS

