

WARREN COUNTY COMBINED HEALTH DISTRICT WEIGHT MANAGEMENT CLASS

OCTOBER 15, 2018

CHA – CHA – CHA – CHIA!!!

SO...HOW DID YOU DO WITH “NO CANDY???” WAS IT JUST ME, OR WAS IT WAS AWFUL?!?

FIRST OF ALL, WE NEED TO DECIDE ON A DATE FOR OUR ANNUAL THANKSGIVING FEAST!

I DECIDED TO MAKE CHIA PUDDING FOR TONIGHT...THERE WERE A TON OF RECIPES ON THE INTERNET! THIS IS A PRETTY BASIC ONE; I’VE INCLUDED THE NUTRITION INFO. I DID ALTER THE RECIPE TO BE LOWER IN CALORIES, SO I’VE BEEN CURIOUS TO SEE HOW IT TURNS OUT.

THERE WERE SO MANY ARTICLES ON THE INTERNET ABOUT THE BENEFITS OF CHIA SEEDS! I JUST KIND OF RANDOMLY PICKED ONE THAT APPEARED TO BE REPRESENTATIVE OF ALL OF THEM. HERE ARE (SUPPOSEDLY! HOPEFULLY!) THE TOP TEN BENEFITS OF CHIA SEEDS:

- **HIGH IN FIBER!** WE KNOW THAT MOST OF US CONSUME TOO LITTLE FIBER. DEPENDING ON YOUR SIZE, YOU SHOULD AIM FOR 25 – 38 GRAMS OF FIBER PER DAY. ONE OUNCE OF CHIA SEEDS (OR JUST TWO TABLESPOONS) WILL PROVIDE ALMOST 10 GRAMS! COMPARED TO FLAXSEED, I THINK THE RECOMMENDED DAILY AMOUNT OF CHIA SEEDS WOULD BE PRETTY EASY TO HANDLE!
- **NUTRIENT DENSE!** THIS TERM, “NUTRIENT DENSITY,” REFERS TO THE RATIO OF NUTRIENT CONTENT IN RELATION TO TOTAL ENERGY CONTENT, OR CALORIES. BESIDES CONTAINING ALL THREE MACRONUTRIENTS (PROTEIN, FAT, AND CARBOHYDRATE), CHIA SEEDS ALSO PROVIDE A GREAT MIX OF VITAMINS AND MINERALS, ALSO KNOW AS “MICRONUTRIENTS.”
- **GOOD SOURCE OF IRON!** MOST ADULTS NEED 8 – 18 MG PER DAY. MOST OF US IN THIS ROOM SHOULDN’T HAVE TO WORRY ABOUT IRON IN PARTICULAR (POST-MENOPAUSAL) – HOWEVER, IT WOULDN’T HURT TO HAVE YOUR IRON CHECKED OCCASIONALLY. STRESS ON YOUR BODY, SUCH AS SURGERY OR ILLNESS, CAN CALL ON YOUR IRON STORES. THAT SINGLE OUNCE OF CHIA SEEDS WE TALKED ABOUT WILL ADD A LITTLE OVER 2 MG OF IRON TO YOUR DAILY INTAKE. AS A POINT OF REFERENCE, A SERVING (3 OUNCES) OF BEEF WILL PROVIDE 2.2 MG OF IRON. WOW! AMONG OTHER THINGS, IRON ALLOWS OXYGEN-RICH BLOOD TO FLOW THROUGH YOUR BODY AND TO YOUR BRAIN. SUPER IMPORTANT, DON’T YOU AGREE?

- **APPETITE CONTROL!** OOO, I LIKE THIS ONE! THE FIBER AND PROTEIN PROMOTE BLOOD SUGAR CONTROL, KEEPING YOUR APPETITE AND ENERGY LEVELS MORE EVEN BETWEEN MEALS. SOME OF THE RECIPES I CAME ACROSS TODAY WERE FOR BEVERAGES. WOULD YOU BELIEVE THAT THESE LITTLE SEEDS ABSORB 9X *THEIR WEIGHT* IN LIQUID, WHICH MAY MAKE THEM EVEN MORE SATISFYING!
- **VALUABLE ELECTROLYTES!** THESE CHIA SEEDS YOU'VE SAMPLED TONIGHT PROVIDE MINERALS THAT SERVE AS ELECTROLYTES IN YOUR BODY. *ELECTROLYTES* PRODUCE A CHARGE THAT HELPS YOUR MUSCLES AND HEART FUNCTION NORMALLY. I FOUND OUT THAT THEY ARE, IN PARTICULAR, A GOOD SOURCE OF MAGNESIUM: A ONE-OUNCE SERVING CONTAINS 95 MG OF THIS MINERAL; THE RDA FOR ADULT WOMAN IS 300 MG / DAY. THEY ALSO PROVIDE A MODERATE AMOUNT OF POTASSIUM. (MAGNESIUM-RICH FOODS ARE LISTED AT THE END OF THIS LESSON!)
- **HEART-HEALTHY OMEGA-3s!** ALMOST EVERY BIT OF THE FAT IN CHIA SEEDS ARE OF THE HEALTHY, UNSATURATED VARIETY. AS A MATTER OF FACT, FIVE OF THE 9 GRAMS PER SERVING ARE OMEGA-3 FATS. IF CONSUMED REGULARLY, THIS FORM OF FAT IS LINKED TO A LOWER RISK FOR CARDIOVASCULAR PROBLEMS SUCH AS ARRHYTHMIAS AND BLOCKED ARTERIES!
- **RICH IN CALCIUM!** AN 8-OUNCE GLASS OF MILK CONTAINS 300 MG OF CALCIUM; A ONE-OUNCE SERVING OF CHIA SEEDS, 180! NOT BAD! BY THE WAY, THE RECOMMENDED DAILY ALLOWANCE (OR RDA) FOR CALCIUM FOR ALL OF US IN THIS ROOM IS 1200 MG PER DAY. CHIA SEEDS COULD HELP!
- **GOOD SOURCE OF B-VITAMINS!** CHIA SEEDS PROVIDE NUMEROUS B-VITAMINS, INCLUDING THIAMINE (B1), RIBOFLAVIN (B2), AND NIACIN (B3).
- **GREAT NUTRITION FOR PICKY EATERS!** WE DON'T HAVE ANY OF THOSE IN MY FAMILY, BUT YOU JUST MIGHT!?! THEY DON'T HAVE MUCH FLAVOR – SO YOU CAN ADD THEM TO DISHES FOR SOMEONE WHO HAS TROUBLE EATING ENOUGH NUTRITIOUS FOODS SUCH AS VEGETABLES OR FISH.
- LAST BUT NOT LEAST...**WEIGHT LOSS AND CHOLESTEROL BENEFITS!** THIS IS GOOD NEWS! A STUDY PUBLISHED IN 2015 LINKED CHIA SEEDS WITH WEIGHT LOSS. EATING THE SEEDS DAILY FOR ONLY 12 WEEKS (OR ROUGHLY TIL THE END OF THE YEAR!) PROMOTED SIGNIFICANT WEIGHT REDUCTION. AS AN ADDED BONUS, PARTICIPANTS ALSO EXPERIENCED IMPROVED CHOLESTEROL LEVELS!

JUST FYI: SOME MAGNESIUM – RICH FOODS:

- DARK, LEAFY GREENS – IN PARTICULAR, SPINACH AND SWISS CHARD
- DARK CHOCOLATE BE STILL MY HEART!
- NUTS – ESPECIALLY ALMONDS AND CASHEWS
- DAIRY PRODUCTS: MILK, YOGURT, AND KEFIR
- PRODUCE: AVOCADO, BANANA, DRIED FIGS, AND CORN
- LEGUMES...BLACK AND NAVY BEANS ARE LISTED – HOWEVER, I LOOKED UP SEVERAL TYPES, AND THEY ALL SEEM TO BE GOOD SOURCES! (I SUSPECT THE SAME IS TRUE FOR NUTS!)
- WHOLE GRAINS, SUCH AS BROWN RICE AND QUINOA
- AND, IN THE SPIRIT OF FALL, DRIED PUMPKIN SEEDS!

BASIC CHIA SEED PUDDING

6 TABLESPOONS CHIA SEEDS

1 TABLESPOON SWEETENER OF CHOICE

2 CUPS MILK (ANY)

½ TEASPOON VANILLA EXTRACT

1. IN A BOWL, MIX TOGETHER ALL INGREDIENTS.
2. ONCE MIXTURE IS WELL COMBINED, LET IT SIT FOR 5 MINUTES. BREAK UP ANY CLUMPS, COVER AND PUT IN FRIDGE TO SET UP FOR 1 – 2 HOURS. IF IT'S NOT THICK, ADD MORE SEEDS, STIR AND REFRIGERATE FOR ANOTHER 30 MINUTES OR SO.

I USED UNSWEETENED VANILLA ALMOND MILK. MADE AS DIRECTED, A ONE-HALF CUP SERVING PROVIDES 49 CALORIES, 6 GRAMS OF PROTEIN, 10 GRAMS OF CARBOHYDRATE, AND 10 GRAMS OF FIBER!

**Here's some chia seeds for you...
and some raw chocolate...
and psyllium husk for all of you
to improve your digestion.**



A SURE-FIRE WAY TO GET YOUR HOUSE EGGED ON HALLOWEEN!

**OUR "NO!" FOOD FOR THE NEXT WEEK: CANDY (YES, AGAIN!!! AND ANYTHING
FRIED)**

SEE YOU MONDAY!!!

*****ALSO! THE ANNUAL THANKSGIVING FEAST WILL BE MONDAY,
NOVEMBER 5TH, AT 4:30 PM!!!*****