



The North Country's Leader in Nutrition and Diabetes Education Services

"Empowering you to eat well, live well, and be well."

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Hot Topics

- Building healthy behaviors
- Meal planning for your health
- Healthy cooking strategies
- Understanding grains

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Building New Behaviors

Attitude plays a large role in developing new habits and changing old behavior patterns. It is important to keep nutrition in perspective. When it comes to developing healthier habits, people tend to have an all-or-nothing attitude. But it is inevitable that you will face obstacles and challenges when making behavior changes.

Focus on the big picture of your health and lifestyle choices. An occasional treat or "bad" day will not destroy your health and well-being. Remember that perfection is not the goal and it is normal for eating and exercise behaviors to vary over time.

During challenging times when healthy habits begin to wane, such as during the holidays, special occasions, or vacations, the goal is to be flexible.

Take everything in stride, avoid the all-or-nothing attitude, and keep things in perspective. Working on one goal or maintaining one healthy habit is better than doing nothing at all.

It is also important to reward yourself during challenging times, focusing on the positive choices and behaviors, and rewarding them. **Each goal met, each obstacle**



overcome, each new habit formed is an opportunity to recognize and celebrate progress. Focus on the positive changes that you are making and celebrate each success, big and small.

In addition to challenging situations, many people struggle with emotional eating behaviors. Emotional eating can be one of the tougher obstacles to overcome.

(Cont'd on pg. 2)

Plan Ahead for Healthier Meals

For many people, busy schedules lead to a lot of restaurant take-out and fast food meals. **Large restaurant portions, as well as hidden calories, fat and sodium, can sabotage any progress toward a healthier lifestyle.**

Whether it is a lunch out with friends or take-out after a long day at work, restaurant meals can be a challenge to a healthy eating plan. But if you're armed with a few positive strategies, the occasional meal out won't derail you.

"Time spent planning meals can save time (and calories) throughout the week."

(Cont'd on pg. 2)

Creative Cooking Strategies

Mix it up with marinades. Marinating vegetables for a couple of hours before cooking can be an easy (and low calorie) way to kick things up a notch. Whisk some olive oil, your favorite vinegar, a pinch of salt and pepper, and your favorite fresh herbs in a bowl. (We recommend you use about 1 tsp oil and 1 TBSP vinegar per cup of cut vegetables.) Put your sliced vegetables (any mixture of veggies works) in a bowl with a cover or a Ziploc bag and pour the marinade over them. Shake or stir to cover all the vegetables. Refrigerate for at least an hour and up to 24 hours, mixing a few times to make sure the marinade is evenly distributed. Cook as you like, eat raw, or toss in a salad.



usual sauté, why not get that grill going and cook your veggies there. Put cut, seasoned or marinated veggies on skewers or in a foil pack and set them on a pre-heated grill. Cook until slightly tender. Voila! Your veggies will have that great grilled flavor and you will have something new to nosh.

Fire up the grill. That great summer cooking appliance is not just for meat. Instead of sticking to the

Get creative with salads. Lettuce does not have to be basis for every salad you eat. Why not dice up some zucchini, carrots, cucumbers, and peppers, or whatever veggies you love (or have) and toss them with cooked pasta, barley or couscous. Drizzle with your favorite low-fat dressing and you will have a simple, crisp, and cool meal for those hot summer nights.

Plan Ahead for Healthier Meals (Cont'd from pg. 1)

Some examples of these strategies include making special requests and asking for substitutions if a meal includes high-calorie side dishes or rich sauces; recognizing healthier menu options and appropriate portions; and choosing restaurants wisely.

Another strategy for dealing with a busy schedule and the challenges it

may present to a healthy diet is to plan your meals ahead of time.

Time spent during the weekend planning meals, shopping and even cooking can save time (and calories) throughout the week. Not only does meal planning help avoid last-minute pizza orders or the McDonald's drive-through, but it also allows the opportunity to

actively include more vegetables, whole grains and fruits in a healthy eating plan.

This week, try planning your meals for the coming week and set at least one goal for modifying your restaurant eating behavior, such as decreasing the number of times you eat or order out.

Building New Behaviors (Cont'd from pg. 1)

It is important to recognize emotional eating and develop an individual strategy for dealing with it.

Stress reduction techniques, such as deep breathing, exercise, yoga, and meditation

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can be beneficial for weight loss as well as general well-being. Practice new strategies and techniques for recognizing and addressing emotional eating.

Begin by making small changes in your behavior

and you will see that they can have a large positive impact on weight loss and health. This week pay close attention to when and why you are eating and develop at least one strategy for addressing emotional eating.

Recipes for You



Fruit-a-licious Salad

Ingredients:

3 nectarines or peaches
 3 apples
 1 cantelope
 1 quart strawberries
 1 pint blueberries
 1/2 cup low-fat vanilla yogurt
 1/4 cup mint leaves, torn

Instructions:

Cut fruit into bite-sized pieces and put in a large bowl with cover. Pour yogurt over the fruit and add the mint leaves. Cover and toss gently. Chill and serve.

Chunky Basil Tomatoes over Pasta

Ingredients:

8 oz. dry spaghetti
 1 TBSP olive oil
 2 cloves garlic, minced
 4 or 5 large tomatoes, diced
 1/4 cup basil, chopped
 1/4 cup balsamic vinegar
 salt and pepper to taste

Instructions:

Cook and drain pasta and set aside.

Heat olive oil over medium heat in a large skillet. Add garlic and cook until lightly brown. Add tomatoes, basil, vinegar, salt, and pepper and stir. Cook until tomatoes are soft and liquid has cooked down slightly, stirring frequently, about 15 minutes. Serve over pasta.

Get to Know Your Grains

The new hype of the food guide pyramid and all this talk about whole grains has left many people confused over what exactly is a 'whole' grain. Well, here are a few definitions for you:

- **Enriched** means that 5 nutrients have been added: **thiamin, niacin, folate, riboflavin, and iron**. Nutrients are added to meet a specified, established standard for a particular product.
- **Fortified** refers to a food with **nutrients added that it did not originally contain**. For example, Orange juice if fortified with calcium and vitamin D.
- **Refined** means that **the coarse parts have been removed** (usually through processing). The bran, germ, and husk are all removed when wheat is refined into flour, leaving only the endosperm.
- **Unbleached flour** is tan-colored endosperm flour with **texture and nutrient values similar to white flour**. This is when your bread is brown and may appear whole wheat or healthy and is not necessarily either!



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*Empowering you to eat well,
 live well and be well.*

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