

FOOD AND FITNESS

Volume 142

January 2014

2014—YEAR OF GOOD HEALTH!

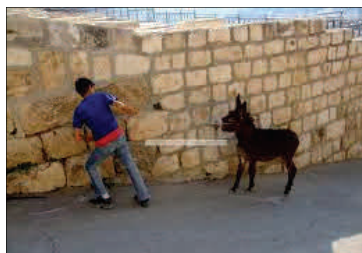


Good health—it's something we all want but may find hard to achieve if it means changing! Having an ulterior motive such as feeling good or looking good is an acceptable reason to change!

So come along—there is no better time to cease resisting

than this very moment. Procrastinating until Monday or the first of the month keeps us from ever getting started. Get ready, get set, go!!!

Lets examine everybody's favor-



ite resolution for better health—weight loss! The information “out there” can be confusing as to how it should be done and what will work best.

The bottom line is that we have to behave differently from what got us to where we find ourselves today! Plain and simple.

Several years ago researchers compared diet studies to determine if any one diet was more effective than any other in promoting weight loss.

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Websites of interest:

- dashdiet.org
- oldwayspt.org
- nhlbi.nih.gov
- meatlessmondays.com
- morningstarfarms.com

I RESOLVE TO.....!

Are you a “January Resolution Maker”? Do you then fall into being a “resolution breaker”? Don’t fret—you are not alone! We all do it!



Don’t consider yourself a failure. Consider that you may have set unreasonable, foggy “outcome goals” for yourself rather than “process goals” or how you will get it done!



For example “I will lose weight” or “I will organize my living space” or “I will save money” are outcome goals that may never be reached. There must be process goals serving as a plan to get the job done!

A good way to make

a plan is to use some variation of education’s **SMART** goal tool to make your plan:

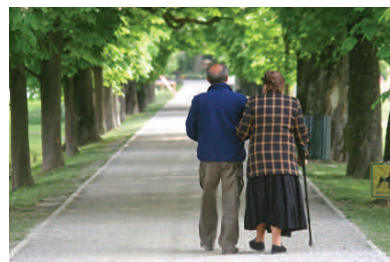
- Specific
- Measureable
- Achievable or Action Oriented
- Realistic
- Time-bound

With the SMART model “I will lose weight” becomes:

S—I will walk to burn extra calories. I will reduce my calorie intake from food.

M—I will walk for 30 minutes 5 days per week. I will limit dessert to only once per week and limit portion sizes to 1/2 cup on higher calorie foods like potatoes.

A—I can use the track at



school or in the park and walk after work. I will not



keep desserts at home. I have measuring cups I can



use for portion control.

R—These are behaviors people have performed with good results. I know I can practice these behaviors.

T—I will do this for one week, reevaluate, and see if I need to make changes.

Maintaining focus on our SMART goals is also

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I RESOLVE TO.....!

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important. Research shows that we are more successful when we document what we do.

For example, keeping



a log of foods we eat and amounts eaten will make us aware of our daily intake. It may also just keep us from popping that extra cookie or chip into our mouths if we know we are going to have



to write it down!

Making an exercise appointment for yourself will make it more likely to get done. And keeping a

record of minutes and frequency of exercise can motivate us to keep exercising.

Telling a friend or family member about these goals or having someone doing it with us can also increase success. Accountability is a strong motivator.

I won't be as happy to show my food record to my friend if it is covered



with cookie entries. If I have an exercise buddy waiting for me at the track I will be less likely to take the day off from exercise.

With the **SMART** model "I will organize my living space"



becomes:

S—I will rid my home of items I am not using.

M—I will clean out one drawer or closet per week.

A—I will organize items into 4 stacks—rubbish, re-



cycle, resale, or retain.

R—I do not use or need many of the things I have. I will enjoy the extra space and lack of clutter.

T—It could take 6 months at this rate but one space per weekend is all I will commit to at this point.



RECIPE CORNER

If your 2014 resolutions call for cleaning up your diet why not try something new—Meatless Mondays! Grandmother was way ahead of her time when she advised us to eat our vegetables!



She knew they provided a boatload of health-promoting nutrients. In addition, by taking up greater space on the plate, vegeta-



bles will help us to “ease down” our meat portions and thereby cut back on unwanted animal grease.

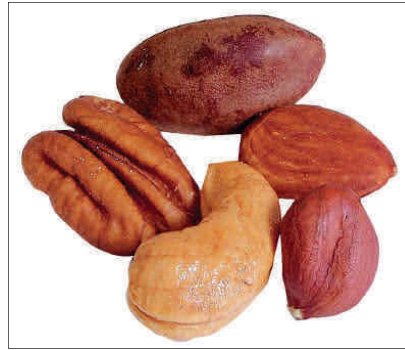
It just takes a bit of planning. We need to get 3-4 good sources of protein per day like non fat yogurt or milk, nuts and nut butters, beans, peas, and lentils, veggie burgers, and egg whites or egg substitute.

Try these great recipes to add more vegetables to the plate. You’ll love them!

Roasted Eggplant Panini

1 medium eggplant
 ½ cup grated reduced fat or fat free mozzarella cheese
 1 Tbs. chopped fresh basil
 1 Tbs. fresh lemon juice
 1/8 tsp. salt
 8 slices Italian bread, whole grain if available
 Olive oil cooking spray for

skillet



Preheat oven to 400° F. Spray cooking tray with non-stick cooking spray. Slice eggplant in half lengthwise and place cut sides

down on sheet. Roast for about 45 minutes. Let cool about 15 minutes in order to be able to handle.

In the meantime combine cheese, basil, lemon juice and salt in small bowl. Set aside.

Cut each eggplant half in half again. Remove



seeds and skin, then place eggplant on each of four

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RECIPE CORNER

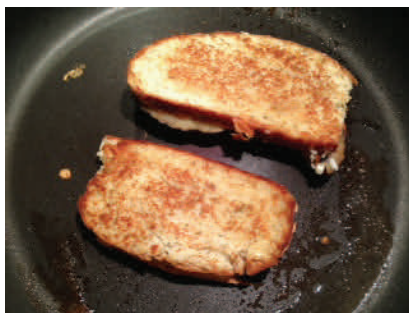
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slices of bread. Top with cheese mixture and cover with remaining slices of bread.

Spray skillet and turn onto medium heat. Cook sandwiches 3-4 minutes per side, pressing with spatula until cheese is melted and bread is toasted. Serve immediately.

(Recipe modified slightly



from *Diabetic Cooking*, Sept/Oct, 2013)

Zucchini Fritters with Herb Drizzle

½ cup finely crumbled cornbread

¼ cup all-purpose flour

2 tsp. grated lemon zest

1/2 tsp. salt

¾ tsp. baking powder

½ tsp. black pepper

1 large egg or 1/4 cup egg substitute, more if more liquid is needed

2 medium zucchini and 1 yellow squash

1-2 Tbs. peanut oil for cooking

Heat peanut oil in a large non-stick skillet over medium heat. Grate squash coarsely. After grating squash drain on paper towels to remove excess liquid.

Stir together first 7 ingredients in a medium bowl.

Combine vegetable and cornbread mixture.

Drop by large spoonfuls (about 1/4 cup each)



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RECIPE CORNER

into skillet of hot oil; press with spatula to flatten.

Cook 3-4 minutes on each side or until golden brown. Drain on paper towels.

Herb drizzle:

- 1 T. olive oil
- 2 Tbs. drained capers
- 1 Tbsp. lemon juice
- ½ cup coarsely chopped



herbs, (such as basil, mint, parsley, etc.)

Stir together olive oil, capers, and juice; add herbs. Top fritters with herb driz-



zle and serve.

(Recipe, slightly modified, from Southern Living August 2013)

Hearty Chickpea Vegetable Soup

- 2 tsp. olive oil
- 1 small onion, chopped
- 3 cloves garlic, minced
- ¼ yellow or green bell pepper
- 2 cans (about 15 oz. each) diced tomatoes
- 2 cups broccoli florets
- ½ cup fresh carrots, sliced
- 4 cups chicken or vegetable broth
- 1 can (about 15 oz.) chickpeas (garbanzo beans)
- 1 whole bay leaf
- 1 Tbs. chopped fresh oregano
- 1 Tbs. chopped fresh rosemary
- 1 Tbs. lime or lemon juice



- 1 tsp. ground turmeric
- ½ tsp. salt
- 1/4 tsp. red pepper
- ¼ cup sunflower kernels

Heat oil in a large saucepan over medium heat. Add onion, garlic and bell pepper. Cook for about six minutes or until vegetables are tender.

Add tomatoes, broth, peas, broccoli, carrots and seasoning. Bring to a boil and then reduce heat to medium-low. Cover and simmer about twenty minutes or until all flavors have blended.

Remove bay leaf. Ladle soup into 5-6 bowls and sprinkle with sunflower kernels.

(Recipe from *Diabetic Cooking*, Sept/Oct 2013)



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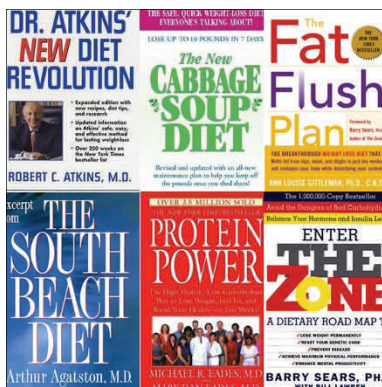
This newsletter is created by Susan M. Poindexter, MS, RD, LD, CDE, Nutrition Consultant to the WV Bureau of Senior Services, and is funded in part by the West Virginia Bureau of Senior Services. Contributing this month were Catherine M. Townsend, MA, Betsy Greer, MS, and Kelly Anderson, RN.

2014—YEAR OF GOOD HEALTH! (CONTINUED)

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Truth be told, all diets resulted in weight loss because they all caused people to reduce calorie intake from previously.

Another panel of 22 nutrition experts was convened by *US News and World Reports* to rate popular weight loss diets for nutrition and safe-



ty. Earning top marks for nutrition and safety were the DASH diet, the Mediterranean diet, and the Therapeutic Lifestyle Change diet.

Commonalities of all these diets were inclusion of an abundance of plant foods, lean animal protein foods, and low or no animal fats. To review details of these diets see **Websites of Interest** page 1.)

Earning lowest marks for nutrition and safety were the Atkins diet, the Raw Foods Diet and the Paleo diet. Surprised?

See next months Food and Fitness newsletter for the latest research on



heart health. By the way, if it's good for your heart it's good for your brain and probably for your whole body!