



Dieters Edge Newsletter..November 2006

Foods For Thought: This month's food section will FOCUS (a favorite word and my license plate) on a number of foods that are tasty, nutritious and may help reduce your risk of disease. The August issue of **The Mayo Clinic Women's Health Source** offered its Top 10 Healthy Foods and why they are good for you and here they are:

1. **Apples:** Apples are a good source of the fiber pectin that can help lower cholesterol and glucose levels. They are also a good source of vitamin C an antioxidant that helps protect your cells.
2. **Almonds:** Loaded with fiber, riboflavin, magnesium, iron, calcium and vitamin E. They are good for your heart and the monounsaturated fats in almonds may help to lower cholesterol when substituted for other fats in your diet.
3. **Broccoli:** "Eat your broccoli" was one of my late father's favorite saying as we were growing up. I guess he was right. Broccoli provides calcium, potassium, and fiber along with phytonutrients compounds that may help prevent diabetes, heart disease, and some cancers.
4. **Blueberries:** Fresh or frozen blueberries are a rich low calorie source of fiber, antioxidants, and phytonutrients. Regular intake may improve short term memory and reduce the cellular damage associated with ageing.
5. **Red Beans:** Small red, pinto and dark red kidney beans are an excellent source of antioxidants, protein, fiber, and copper. They are also a good source of iron, magnesium, phosphorus, potassium and thiamin.
6. **Salmon:** An excellent source of omega- 3 fatty acids, which are believed to provide heart benefits. The article recommends wild caught salmon in that it is less likely to contain the unwanted chemical mercury. I also favor wild caught salmon because the fish have fed on natural foods in the wild rather than the meal and grain used to fatten up the farm raised variety. Let price be your guide, but wild or farm raised, please eat this super food at least twice a week.
7. **Spinach:** It's high in vitamin A and a good source of calcium, foliate, iron and other nutrients. The plant compounds in spinach may help to boost your immune system and help prevent some cancers.
8. **Sweet Potatoes:** High in beta-carotene, and vitamin C along with fiber and other nutrients. They are fat-free and relatively low in calories.
9. **Vegetable juice:** The beverage is an easy way to get vegetables in your diet since it contains most of the same vitamin, minerals and other nutrients. Tomato juice and vegetable juices which include tomatoes are a good source of lycopene, an antioxidant that may reduce your risk of heart attack and certain types of cancers. Choose the low sodium varieties as many are very high in salt.
10. **Wheat germ:** The germ at the center of the wheat seed is a concentrated source of nutrients such as thiamin, foliate, magnesium, potassium, iron and zinc. Mix with yogurt or sprinkle on cereal.

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Please remember all foods contain calories so although walnuts and sweet potatoes and the other foods listed are healthy eating too much will still make you fat. A 1 oz serving of nuts (about a small handful) is around 200 calories, so having 3-4 handfuls would be about 1/2 the total calories you need for the entire day. Not the best use of your calories. Moderation can be learned and the faster you start to practice it the better.

The "Skinny" on Chocolate for those that must! – A quick story for an intro as to how you can enjoy a piece of chocolate a day and still lose weight. Two spontaneous and fun loving "weight managers" following the Dieters Edge program just needed to have a piece of chocolate to satisfy their sweet tooth on a regular basis so we agreed to 1 oz. of high quality dark chocolate in the evening whenever they felt like it. They learned portion control and

moderation and their weight loss has not been adversely affected.

Chocolate actually contains flavonoids similar to those found in apples, red wine, tea, onions, and cranberries. Flavonoids are naturally occurring compounds found in plant-based foods that have been recognized as having certain health benefits. Plant based foods rich in flavonoids contain antioxidants that help protect the body from the harmful effects of free radical oxidation that damages cells.

The compounds in chocolate also stimulate the secretion of endorphins that produce a pleasurable sensation similar to what you feel after you exercise. Chocolate also contains a neurotransmitter, serotonin, that acts as an anti-depressant. The fats in chocolate are a mix of heart healthy monounsaturated fats also found in olive oil, along with a small amount of saturated fat. Milk chocolate and white chocolate have a much smaller amount of healthy compounds. So if you must have a piece of chocolate, please make it dark chocolate and enjoy it in moderate amounts occasionally.

Holiday Diet Tip: About an hour before you go to a party always have something healthy to eat so that when you arrive at the party you are in control of your hunger and you are not starving. A sure way to overeat at a party is to starve yourself before going in the belief that you will save on calories. If you get to a party hungry you will not take the time to think about what you are having and you will probably make poor choices and overeat believing that you have extra calories to use up because you did not eat earlier. One of the strategies used by the rich and famous is to eat a hard boiled egg before a party, but any snack high in protein will do. Yogurt, a piece of cheese or ham or some nuts will satisfy you and give you time to make the best choices when you get to the party.

Until next time please make good choice when it comes to food and exercise and enjoy life in the healthy well conditioned body you deserve. More holiday tips in the next newsletter.

Disclaimer: Information in this newsletter is provided for informational purposes only and is not a substitute for professional medical advice. You are advised to consult with your health care provider before starting any weight loss or exercise program. If you feel you have a medical problem promptly contact your professional health care provider.

I hope that you have enjoyed this issue and will pass it along to others who might find it of interest. For more information about Dieters Edge, please visit our website at <http://www.dietersedge.com>. If you would rather not receive the newsletter please respond to this email and include the word REMOVE in the subject line or in the message.

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