



NEWSLETTER [VOL.1 | ISSUE 1 | JANUARY 2011]

WHAT'S HAPPENING IN JANUARY

JANUARY 28 – 30

Tour of The Bahamas Cycling Event

The JAR Cycling Club hosts the "Tour of the Bahamas" cycling event as a part of the International Caliber Cycling Race Weekend.

Visit www.tourofthebahamas.com

JANUARY 29

BSC's Family Fun Run/Walk Charles W. Saunders High School

7:00a.m.

Event open to competitors in 15 & under, 19 & under, 20–29, 30–39, 40–49 and 50+ m/f.

Entrance fee: \$10 p/athlete

SLIDESHOW

www.webMD.com

FAT-FIGHTING FOODS



HONEY ROASTED PEARS

INGREDIENTS:

- 3 (Bosc) Ripe Pears
- 2 Tbsp. Unsalted Butter
- ½ Cup Honey
- 1 tsp. Real Vanilla Extract
- 2 Tbsp. Muscavado or Brown Sugar
- ½ Cup Thyme Sprigs
- Salt
- 8 oz. Whipping Cream
- 1 tsp. Cinnamon
- 2 Tbsp. Honey
- ¾ Cup Plain Greek Yogurt

INSTRUCTIONS:

First, Heat oven to 450°F. Then, cut the pears in half length wise, use a small spoon or melon baller to remove the tough seeded center.

In a cast iron or heavy bottomed skillet, add the butter, honey, vanilla, muscavado or brown sugar, thyme sprigs and a generous sprinkle of salt. Let everything come to a gentle boil and stir continuously, about 2 minutes.

Add the halved pears to the pan, cut side down. Give it a shake and let them simmer on the stove about 2 minutes. Turn the pears over so they are now cut side up and transfer the pan to the oven, middle rack. Bake for 12 minutes until the pears are soft and the sauce has caramelized.

While the pears are baking, beat the cold whipping cream with an electric mixer until stiff. Add the honey, pinch of salt, cinnamon and beat another minute to combine. Gently fold in the Greek yogurt.

Put one or two pears on a plate, drizzle with a hefty spoonful of sauce with a sprig of thyme for garnish, and a generous dollop of yogurt cream.



GREEK YOGURT

What makes Greek yogurt a delicious tool for weight loss is its protein content. It has twice as much as other yogurts. "Protein takes longer to leave the stomach," says sports nutritionist Leslie Bonci, MPH, RD. "That keeps you satisfied longer." As a bonus, Bonci tells WebMD, the body burns more calories digesting protein than carbs. Non-fat, low-fat, and low-sugar types keep a slim profile.



QUINOA

Quinoa (pronounced keen-wa) is a nutritional all-star that belongs in your weight loss plan. This whole grain has 8 grams of hunger-busting protein and 5 grams of fiber in one cup, plus it's as easy to cook as rice. It's also packed with nutrients such as iron, zinc, selenium, and vitamin E. For a quick and interesting dinner, mix in some vegetables, nuts, or lean protein.



CINNAMON

Studies suggest cinnamon may have a stabilizing effect on blood sugar levels. This could curtail appetite, particularly in people with type 2 diabetes, Bonci says. Nearly everyone can benefit from cinnamon in its traditional role. Stir some into your coffee, tea, or yogurt to add sweetness without adding calories.



HOT PEPPERS

Hot peppers contain a flavorless compound called capsaicin. It's more plentiful in spicy habaneros, but also occurs in jalapeños. This compound appears to curb appetite and speed up the metabolism slightly, but only for a short time. Bonci doubts that this has a significant impact on weight loss. But, she says, people tend to eat less when their food is spicy.



GREEN TEA

Several studies suggest green tea may promote weight loss by stimulating the body to burn abdominal fat. Green tea contains catechins, a type of phytochemical that may briefly affect the metabolism. To get the most benefit, you may need to drink green tea several times a day. Bonci recommends taking your tea hot, because it takes longer to drink, slowing your calorie intake and providing a soothing, mindful experience.



GRAPEFRUIT

While grapefruit doesn't have any magical fat-burning properties, it can help dieters feel full with fewer calories. Bonci attributes this to the plentiful amounts of soluble fiber, which take longer to digest. Having half a grapefruit or a glass of grapefruit juice before a meal may help fill you up, so you eat fewer calories during the meal.



WATERMELON

Foods that are high in water content take up more room in the gut, Bonci says. This signals the body that you've had enough to eat and leaves less room for other foods. Many raw fruits and vegetables are chock-full of water and nutrients, but low in calories. Watermelon is a great example. It's a rich source of the antioxidant lycopene and adds some vitamins A and C to your day, too.



PEARS & APPLES

Pears and apples are also high in water content. Eat them with the peels for extra fiber, which will keep you full longer. Bonci recommends whole fruits rather than fruit juice. Not only do you get more fiber, you have to chew the fruits. This takes longer and requires some exertion. You actually burn a few calories chewing, as opposed to gulping down a smoothie.



GRAPES VS. RAISINS

The value of water content becomes clear when you look at two cups of grapes vs. ¼ cup of raisins. Either choice has a little more than 100 calories, but the larger portion of grapes is likely to feel more satisfying. Still, Bonci says, dried fruit has an interesting texture. When used sparingly, a few raisins or dried cranberries can make a salad more appealing.



BERRIES

Like other fruits, berries are high in water and fiber, which can keep you full longer. But they have another benefit -- they're very sweet. This means berries can satisfy your sweet tooth for a fraction of the calories you would take in gobbling cookies or brownies. Blueberries stand out because they're easy to find and loaded with antioxidants.

Continued... << See Overleaf >>



TOP CONCENTRATION KILLERS

www.webMD.com

THE CULPRIT: SOCIAL MEDIA

It's easy to connect with friends -- and disconnect from work -- many times an hour. Every status update zaps your train of thought, forcing you to backtrack when you resume your work.

FIX: Avoid logging in to social media sites while you're working. If you feel compelled to check in every now and then, do it during breaks, when the steady stream of posts won't interrupt your concentration. If you can't resist logging in more frequently, take your laptop someplace where you won't have Internet access for a few hours.

THE CULPRIT: EMAIL OVERLOAD

There's something about an email -- it shoots into your inbox and itches to be answered immediately. Although many emails are work-related, they still count as distractions from your current project. You won't make much progress if you constantly stop what you're doing to reply to every message.

FIX: Instead of checking email continuously, set aside specific times for that purpose. During the rest of the day, you can actually shut down your email program. This allows you to carve out blocks of time when you can work uninterrupted.

THE CULPRIT: CELL PHONE

Perhaps even more disruptive than the ping of an email is the ringtone on your cell phone. It's a sound few of us can ignore. But taking a call not only costs you the time you spend talking -- it can also cut off your momentum on the task at hand.

FIX: Put caller ID to good use. If you suspect the call is not urgent, let it go to voicemail. If you're working on a particularly intense project, consider silencing your phone so you're not tempted to answer. Choose specific times to check voicemail. Listening to all your messages at once can be less disruptive than taking every call as it comes in.

THE CULPRIT: MULTITASKING

If you've mastered the art of multitasking, you probably feel you're getting more done in less time. Think again, experts say. Research suggests you lose time whenever you shift your attention from one task to another. The end result is that doing three projects simultaneously usually takes longer than doing them one after the other.

FIX: Whenever possible, devote your attention to one project at a time, particularly if you're working on an intense or high-priority task. Save your multitasking skills for chores that are not urgent or demanding -- it probably won't hurt to tidy up your desk while talking on the phone.

THE CULPRIT: BOREDOM

Some of the tasks we have to do each day are more interesting than others. The boring ones may burn through your attention span in minutes, making you extremely vulnerable to distractions. Your phone, the Internet, even the prospect of dusting your workspace can seem tempting if you're bored.

FIX: Make a deal with yourself: If you stay on task for a certain period of time, you earn a 10-minute break. Reward yourself with coffee, a favorite snack, or a walk outside. Boring tasks are easier to accomplish when you have something to look forward to. This is also one case where multitasking may work well. Listening to the radio while filing receipts could help you stay put long enough to finish the job.

THE CULPRIT: NAGGING THOUGHTS

It's hard to focus on the work in front of you if you're worrying about errands you need to run or housework to be done. Or perhaps you're hung up on a conversation you had yesterday, and you keep replaying it in your mind. Nagging thoughts of any sort can be a powerful distraction.

FIX: One way to keep nagging thoughts from buzzing around in your brain is to write them down. Make a list of errands, housework, or other tasks you plan to complete later. Vent frustrations over an unpleasant confrontation in your journal. Once these thoughts are on paper, you may be able to let them go for awhile.

For more information go to:
<http://www.webmd.com/add-adhd/slideshow-top-concentration-killers>

FAT-FIGHTING FOODS



RAW VEGETABLES

Raw vegetables make an outstanding snack. They satisfy the desire to crunch, they're full of water to help you feel full, and they're low in calories. Half a cup of diced celery has just eight calories. Bonci suggests coating celery with a little peanut butter or dunking carrots in salsa. When you're in the mood for chips and dip, try replacing the chips with raw veggies.



SWEET POTATOES

Think of the typical toppings on your baked potato -- butter, sour cream, maybe cheese and bacon bits. If you substitute a sweet potato, you might not need any of that. Baked sweet potatoes are so full of flavor, they require very little embellishment. This can save you loads of calories. As a bonus, sweet potatoes are packed with potassium, beta carotene, vitamin C, and fiber.



EGGS

Studies suggest eating protein in the morning will keep your hunger at bay longer than eating a bagel or other carbs. One egg has only 75 calories but packs 7 grams of high-quality protein, along with other vital nutrients. Bonci adds that your body will burn more calories digesting eggs than a carb-heavy breakfast. If you have high cholesterol, check with your doctor about how many eggs you can eat per week.



OATMEAL

Oatmeal has three things going for it: fiber-rich whole-grain oats, lots of water, and it's hot. Bonci says this is a very filling combination. Hot food takes longer to eat, and all that liquid and fiber will help you feel full longer. "Don't buy the one that's already sweetened," Bonci says. "You can choose how to flavor it." Stirring in cinnamon or nutmeg will give you a sweet taste with less sugar.



CRISP BREADS

Whole-grain rye crackers, sometimes called crispbreads, offer a low-fat, fiber-packed alternative to traditional crackers. Research suggests people who replace refined grains with whole grains tend to have less belly fat. Whole grains also provide a richer assortment of plant nutrients. This doesn't just apply to crackers. You can get the same benefits by switching to whole-grain breads, cereals, and pastas.



TABOULI

A standout whole grain is bulgur wheat, the type found in tabouli. It's high in fiber and protein, but low in fat and calories. That helps you fill up with a minimum of calories. Bonci adds "It's flavorful, so you don't need to add a lot of oil." To turn this dish into a meal, she suggests adding beans and stirring in extra tomato, cucumber, and parsley.



VINEGAR

If you dress your salad with oil and vinegar, you may get another fat-fighting benefit. More research is needed, but some studies suggest vinegar may help the body break down fat. Whether or not this effect pans out, Bonci says vinegar is a good choice. It's full of flavor that can make salad more satisfying -- and it has no calories.



NUTS

Nuts are an excellent way to curb hunger between meals. They're high in protein, fiber, and heart-healthy fats. Studies suggest nuts can promote weight loss and improve cholesterol levels when eaten in moderation.



LEAN PROTEIN

As we've seen, protein can keep you full longer and burn more calories during digestion. But you want to choose your protein carefully. Dark meat tends to be high in fat, which could cancel out some of the benefits. Skinless chicken breast is a great choice. And some cuts of beef can make the grade. Flank steak, eye of round, and top sirloin are extra-lean with less than 4 grams of saturated fat per serving. Just stick with a 3- to 4-ounce portion.



FISH

One of the best sources of protein is fish. Studies show it's more satisfying than chicken or beef, probably because of the type of protein it contains. Most fish is low in fat, and the exceptions usually have a healthy form of fat -- omega-3 fatty acids. Omega-3's, which are found in salmon, herring, and other fatty fish, appear to help protect against heart disease and other chronic conditions.

This and all information contained in this newsletter is not intended to replace the advice of a doctor. Family Guardian & BahamaHealth disclaim any liability for the decisions you make based on this information.