



# Weighing In Newsletter

## August 2011



### The Importance of Breakfast

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training it to eat breakfast to help your weight loss. Over time you will be surprised that you will be able to eat all the recommended protein in one sitting. It is also worth the extra time required each morning to prepare breakfast so that your health improves and energy improves resulting in better work performance. This is proven in many studies. One, done in Sweden, shows that women of normal weight and BMI eat more calories in the morning than women who are overweight. Studies of folks on the National Weight Control Registry show that regular breakfast consumption is associated with successful maintenance of weight loss leading most researchers to conclude that consuming few to no calories in the morning contributes to obesity. To further emphasize the importance of breakfast, studies in the Journal of Nutrition show that weight loss was greater when a single meal was eaten at breakfast than when a meal of equivalent calories, carbohydrates, protein, and fat was consumed in the evening. Similarly, a 6-week weight loss study also showed greater weight loss with large morning meals as compared with large evening meals. We would certainly want this to be mostly protein with very few carbs on The Weigh Station plan. However, the point of these studies is that you need to eat breakfast to lose weight, maintain weight loss, and prevent weight regain. Other studies show that skipping breakfast over a long period of time increases the risk of heart problems and overall health by making your body use sugar and insulin differently, process lipids abnormally, and add excess fat tissue.

How does this work? Research points to insulin. Increased blood levels of insulin promote fat-storage and thus prevent fat-loss. Insulin response to a meal is exaggerated after skipping breakfast or any other meal but more so after skipping breakfast. Thus, eating breakfast can lower your insulin level and thus allow more weight loss when you are eating the right foods. This is true for children and adults of all ages. It also appears that eating regularly—not skipping meals—requires your metabolism to increase and thus promotes fat loss. Eating breakfast keeps us from “starvation eating” later on. When you don't eat breakfast, you are actually fasting for 15-20 hours and so you are not producing the enzymes needed to metabolize fat to lose weight and are actually storing it due to the exaggerated insulin response. Most people who don't eat breakfast eat more calories during the day and eat a larger portion of their calories in the form of starches.

Some other tips for eating breakfast: 1. You don't have to eat traditional breakfast foods for breakfast. Most of these have lots of carbs—some exceptions are eggs, sausage, ham, Canadian bacon. It is OK to eat turkey, chicken, steak and fish for breakfast as well. 2. Juice does not count as fruit. 3. Coffee does not count as a breakfast food. You must eat protein to have the benefits of weight loss, lower insulin levels, and improved lipids. You will have more energy during the day if you EAT your breakfast. Remember, it is not “lunch-fast” or “break-supper” that we eat. So, start eating breakfast every day and you will lose weight and keep it off.

## I've Decided I'm Doing This for Me:

I'm doing this for me. Not for those who called me too fat to be pretty.  
Not for the snooty vendors who look down on me when I try on dresses.  
Not for those who say "Too bad, she has a pretty face".  
Not to make my parents happy.  
Not to fit in a stereotypical idea of beauty.

I'm doing this to get healthy.  
To show myself that I can.  
To be a strong woman: I can be athletic. I can be beautiful.  
I want to feel good in my own skin.  
I want to fine MYSELF beautiful.  
I want to look in my mirror and smile.

I don't want to think "What if I felt good in my skin..." anymore.

I don't want to look at a beautiful dress and think "Too bad..."

I don't want to think of myself in disgust. My body and I deserve better than that.

I don't want to mistreat my body. It's not my own little garbage can.

I don't want to devalue my health.

I don't want to binge and purge, binge and purge.

I don't want to punish myself anymore.

I'm going to do this, slowly but surely.

And it has made all the difference.



## Nutrition for Back to School!

Summer is coming to an end...before you know it our kids will be getting back to juggling school, sports, homework, and more! With so much time spent on other things sometimes it is difficult to focus on nutrition. But why, nutritious eating not only leads to good health, it also can help kids focus in school and at home. It can improve moods and behavior and provide kids with the energy they need to get through the day.

Unfortunately kids are inundated with commercials, peer pressure and other temptations that can make it difficult to make healthy choices. With a little help though, kids can learn to make smart choices both at school and with friends.

It starts with you. You have already committed to your weekly visits with us at The Weigh Station by doing this you are modeling good nutrition for the rest of your family. Kids often copy what their parents do; if you eat healthy and exercise they most likely will too. Set them up for success by keeping healthy, Weigh Station approved snacks in the house like fresh fruits, string cheese and veggies. Limit access to junk foods period. They will begin to think of this as the norm and make healthier choices outside the home as well.

Get them involved in meal planning and preparation for home and for school! Chances are that if they have a hand in the preparation they will be much more likely to try things when it's time to eat. Help guide them to ensure they are getting a variety of food groups. Packing lunch can be an easy way to ensure good nutrition. When kids pack on their own, you know they will like what they have to eat and will be more likely to eat it!

Make food fun! Come up with inventive names for common recipes. Instead of offering scrambled eggs and fruit arrange it like a face and call it "Mr. Breakfast". Avoid being a short order cook, give your kids two healthy choices so they feel like they have a say. Try to focus on the healthy things they do like vs. offering things you know they won't eat. Coloring their plate is another easy way to ensure they are getting a variety of food groups. If they purchase their lunch at school, challenge them to get at least four different colors on their plate. Instead of filling their plate with things like white pasta, bread and vending machine items full of sugar that can drain energy and make it difficult to focus they could choose a red apple, green beans and yellow corn paired with lean turkey breast. This will provide a ton of color and give them the carbohydrate, protein and variety needed to get through the day at school.

For teens going off to college the dreaded freshman 15 is a common occurrence. We have many college aged kids that come in for our help. We all know that dining halls aren't what they used to be. They are packed with variety of eateries, from Chinese chains to popular fast food franchises you name it, and they have it! Make the best of your meal plan; go to dining halls that offer a buffet or lots of variety instead of fast food chains on campus. Focus on filling your plate with veggies or salad first. Leave about 1/4<sup>th</sup> of the plate for lean protein and the rest for fruit (or a starch such as beans or brown rice if you are following maintenance). Watch your liquid calories too! Swap the frappe for coffee or tea. Ordering specialty drinks day after day can become not only expensive, they can easily lead to weight gain. Avoid alcohol consumption period!

If you stay in a dorm be prepared. Keep healthier snacks around like fresh fruits, string cheese or nuts and healthy popcorn if you're in maintenance. These can keep you away from temptations like vending machines or candy and save you money too. Substituting water for soda is another easy way to save money and cut down on sugar.

## Resistant Starch

Are you insulin resistant, diabetic or just plain terrified to add back starch once you reach maintenance? There is good news! Recent research has found that certain kinds of starches called “resistant starch” may be just the starch you need once you reach your goal.

Resistant starch is found in certain fruits, vegetables and even some dairy. What is unique about it is that it is not entirely broken down in the intestine. In fact, it passes through the large intestine intact. This allows the good bacteria in your colon to use the resistant starch for fuel. Much like fiber, it helps to fill you up and may benefit cholesterol levels as well. One difference is that resistant starch, unlike fiber is fermented. This creates beneficial fatty acids. These fatty acids block your liver’s ability to use carbohydrates for fuel, instead burns fat for fuel instead. A recent study showed that replacing just 5.4% of your total carbohydrate per meal with resistant starch increased fat oxidation and produced more satiety inducing hormones to keep cravings at bay. It also alleviated constipation and helped improve blood glucose levels in people with type 2 diabetes.

Foods containing resistant starch include steel cut oats, green bananas, whole grain legumes, cooked then cooled potatoes, yams, long grain rice, barley and bugler.

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## Managing Stress

Stress is a natural part of everyone’s life. It can help us grow emotionally and physically, keep us motivated and improve our focus. Unfortunately, it can also cause us to over/under eat, sap our energy and cause weight gain. So, how do you control something that is most likely out of your control? Is it possible to turn negative stress into a positive outcome? And what can you do to combat all the undesirable effects of too much stress?

The biggest step to controlling stress in your life is to get control. Once you realize that YOU are the one in control of your life your stress will dramatically lower. Take control over the way you deal with problems. Control your schedule, thoughts and emotions. When you accomplish this realization you are more than half way through controlling your stress.

The next logical step is to identify your stressors and the true source may not be easy to identify. Are you stressed because your boss gave you a deadline or are you stressed because you procrastinated and now have to rush to meet that deadline? Do you acknowledge your stress or do you make excuses like “That’s just the way things are around here” or “I’m just a high strung person.” You have to accept responsibility for your own role in creating or maintaining your stress and if you don’t you will never get control over it. One great way to start this process is to start a stress journal. Document the time, date and cause of your stress. Write down your emotions during and after the stressor and write down how you responded or dealt with it. This can help you identify patterns in your stress and then you can come up with ways to beat it before it happens.

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**Avoid** You can't avoid all stress but I guarantee there is some that can be.

- Traffic get you worked up? Take a different route home (even if it is longer.)
- Avoid "hot topic" conversations like politics or religion if they cause heated feelings.
- Learn to say "No." Don't take on more than you can handle just because someone asked you to.
- Cut down your to do list.
- Stay away from people who cause you stress whenever possible.

Don't participate in activities that are stressful to you.

**Accept** There will always be stress you cannot avoid or change.

- Look for the silver lining and treat it as an opportunity to grow.
- Share your burden with a friend. You'll feel better and maybe it will help them feel more comfortable opening up to you.
- Realize that you can't control everything, especially other people. Focus on what you have control over

**Forgive.** People make mistakes and sometimes bad stuff just happens. Let go of any anger or resentment you may have.

**Adapt** "If you can't beat them, join them" Not true for all instances but if you can't change the stressor change the way you handle it

- Look at the big picture. Is this stress important in the overall plan of things? Will it matter down the road?
- Look at things from a different angle. If your boss is giving you seemingly impossible tasks, it must be because they have the utmost faith in you.
- Do not strive for perfection. There was only one perfect person on this planet and you're not them.

Take a moment to reflect on all the good things in your life.

**Alter** What can you do to change the situation. Can you prevent it from happening again?

- Manage your time. Rushing around is not conducive to peaceful behavior.
- Don't bottle up your feelings. If you do, you will eventually explode in one way or another.
- Work on your communication skills. Simple communication can resolve many problems

Be assertive in your own life. Don't let others dictate everything you do.

Make time for fun. This is the last thought I will leave you with this month regarding stress. Next month I will follow up with evoking the "relaxation response" and go over different techniques that will help you deal with stress. Until then have a fantastic day!

### Pickled Cucumber:

#### Ingredients

- 1/4 teaspoon red pepper flakes
- 1 medium red onion, thinly sliced
- 1/2 cup white vinegar
- 1 teaspoon chopped garlic
- 1 teaspoon Truvia
- 1 teaspoon salt
- 1/4 teaspoon freshly ground black pepper
- 2 cucumbers, thinly sliced



#### Directions

Add all the ingredients, except the cucumbers, to a small pot and bring to a boil over low heat. Turn off the heat, add the cucumbers and let sit for 1 hour. Serve chilled or at room temperature.

Makes 2 servings

### 3 Great reasons to visit our website!

Visit [www.weighstation.net](http://www.weighstation.net) to view healthy, stage 2 friendly recipes. These are updated weekly so visit often!

Did you miss a newsletter? No problem, all of our newsletters are archived on our website!

Have a question for the Dietitian or Fitness Trainer? You can email us from our website too!