



Nutrition Nibbles

Small Changes Stack Up to Big Weight Loss

You don't need to completely overhaul your life to achieve some serious weight loss success...small steps do add up to make a big fat difference, both in the health and weight departments! Here are some examples of the health and calorie savings a few small lifestyle changes can make. (Note: 1 pound of body weight is approximately 3500 calories).

1. Swap your snacks. Switch from a starchy snack like crackers to a fiber and fluid-filled fruit or vegetable. Eating 12 baby carrots in place of 12 buttery Ritz-type crackers will save you 150 or so calories. Do this everyday for one month and you'll lose a little over one pound!

2. Make over your calcium source. Skip the low-fat fruit-flavored yogurt (at 175 calories per $\frac{3}{4}$ cup) and chomp on $\frac{3}{4}$ cup nonfat, plain Greek yogurt topped with $\frac{1}{2}$ cup fresh blueberries (only 130 calories with twice the amount of protein). You'll save 45 calories each time and grab an extra serving of fruit too! In about 2 months time you'll have lost one

pound but gained more than 60 additional servings of fruit and consumed 9000+ milligrams of calcium!

3. Skip the regular soda. The calories from beverages can add up in a hurry. Swap your regular soda (about 150 calories in a 12 oz can) for a glass of club soda with a twist of lime (0 calories) everyday for one year and you'll lose 15 pounds!

4. Measure the difference. Certain foods pack more of a caloric punch than others and are worth measuring out, at least at one meal each day. Check out these stats:

1 Tbsp of oil: about 100 calories
1 cup of cooked pasta or rice: about 200 calories
$\frac{1}{3}$ cup of raw nuts: 275 calories
1 oz of cheese (the size of 3 dice): 115 calories
3-4 oz of meat (the size of a deck of cards): 165 calories

Check out the difference between the two following meals. The first meal was closely measured. The second meal represents what the average diner would actually eat if

COLLEGE CORNER: TOP FALL HEALTH FOODS

Fall is my favorite time of year. I love the start of a new school year, the cool crisp air, the changing colors of the leaves, and the switch to different types of produce. Here are a few top-notch fall health foods. Check out www.cookinglight.com for some new ways to cook and serve these seasonal favorites.

APPLES

Apples are one of the most versatile fruits on the market. With sweet and tart varieties available, apples make a wonderful snack and are delicious when baked. For the greatest health benefit, make sure to eat the skin--it contains heart-healthy flavonoids. Health benefits include:

- Full of antioxidants
- 4 grams of dietary fiber per serving

Harvest season: August-November

PEARS

Pears are pleasing to the palate with their grainy yet juicy flesh. Toss sliced pears into a salad for some extra crunch. Cooking them only brings out their sweetness, so try them baked or poached.

Health benefits include:

- Good source of vitamin C and copper
 - 4 grams of fiber per serving
- Harvest season: August-February

BRUSSELS SPROUTS

Brussels sprouts are the "ugly duckling" of vegetables, but when prepared the correct way, they taste spectacular. To complement their mild, slightly bitter taste,

Questions or Comments? Email me at marymahoneyrd@comcast.net

Small Changes continued...

COLLEGE CORNER
CONTINUED...

they were not measuring their portions.

Measured:	Calories:	g Fat:
3 oz cooked chicken breast, no skin	140	3
Cooked with 1 tsp olive oil	40	5
1 cup cooked brown rice	215	2
1 cup steamed broccoli	55	0
Topped with 1/2 oz cheddar cheese (1 cubic inch)	70	6
Tall glass of water	0	0
TOTAL	520	16

Average Diner's Actual Intake:	Calories:	g Fat:
6 oz cooked chicken breast, no skin	285	6
Cooked with 1 Tbsp olive oil	120	14
1 1/2 cups cooked brown rice	325	3
1 cup steamed broccoli	55	0
Topped with 1 oz cheddar cheese	115	9
12 oz can coca-cola	143	0
TOTAL	1043	32

What a difference measuring can make (a 523 calorie and 16 fat gram savings!) If you were to shave off 500 calories from your daily intake, you would lose one pound each week!

5. Step it up. A person weighing 155-pounds that walks for one hour at a moderate 3 mile-per-hour pace will burn about 232 calories. If he or she steps it up a notch and walks at a brisker 3.5 mph pace, he/she will burn an additional 35 calories per hour for a total of 267 calories. Now turn that same 3.5 mph walking workout into a hilly course and the calorie-burn jumps an additional 155, for a total of 422 calories burned in one hour! If that person continues to incorporate that harder, hilly workout once each week into their routine, he or she will lose an additional pound in 8 weeks.

These simple examples aren't all that flashy or exciting. Rather they are achievable. Incorporate several of these steps into your daily life to yield greater results. Here's to those small steps!

pair them with a tangy or savory sauce like balsamic vinegar. Health benefits include:

- 1/2 cup contains more than 100% of your daily recommended intake of vitamin K
 - Very good source of folate
 - Good source of iron
- Harvest season: September-March

CAULIFLOWER

Cauliflower makes a perfect seasonal side dish with its sweet, slightly nutty flavor. It's tasty steamed, but it can also be blended to create a mashed potato-like texture. Try pureeing into it soup for a creamy effect. Health benefits include:

- Compounds that may help to prevent cancer
- Phytonutrients may lower cholesterol
- Excellent source of vitamin C

Harvest season: September-June

PUMPKIN

A type of winter squash, pumpkin can be used for much more than Halloween decorations. Its sweet taste and moist texture make it ideal for pies, cakes, and even pudding! Slip some canned pumpkin into your next batch of oatmeal. Health benefits include:

- Rich in potassium
- More than 20% of your daily recommended fiber needs
- Good source of B vitamins

Harvest season: October-February

Check out these and other fall favorites like dates, kiwi, winter squash, sweet potatoes, and turnips at the grocery store and farmer's market this season. Enjoy!

Favorite Food

Lots of people are curious about what dietitians eat when they are "off-duty." With summer ending, I have been on a salad spree! Lately, I have been making every kind of salad possible...fruit salad, taco salad, caprese salad, and mixed greens with chicken and steak. Yum, yum,

yum! Salads are a great way to pack in flavor and fiber. They're filling too. Research shows that if you start a meal off with a veggie-packed salad (light on the dressing, cheese, and croutons), you'll eat fewer calories at that meal. What a tasty way to increase your health and lose weight! How about that small step?