10 Habits to Lose Weight and Keep it Off!

Break Bad Habits Linked to Weight Gain

Tackle bad habits two or three at a time. Common barriers to weight loss are habits like eating while watching TV or on the computer, emotional eating, eating out of boredom, eating too quickly that satiety doesn't have time to register.

Develop Good Habits to Lose Weight

Replace bad habits with long term healthy lifestyle changes. Meal planning, meal pacing/chewing and mindful eating are three habits that dietitians highly recommend. Mindful eating means being aware of why, what and how much we are eating. It is an effective way to avoid emotional eating, eating out of boredom and snacking throughout the day.

Cope with Emotions without Food

It is important to find non-food related ways to cope with emotions – journaling, walking, talking to friends, etc. Soothing our emotions with food often leaves us feeling worse, which can lead to a vicious cycle: eating, feeling guilty/worse, eating more and resulting in a lack of weight loss.

Slow Down When Eating

Studies show that when we take the time to chew, taste and savor our food, we naturally eat less and enjoy more. When we take the time to chew we actually get to taste our food and enjoy it. Chewing also forces us to slow down, giving ourselves the chance to recognize when we are full and stop eating.

Rid Yourself of "Frenemies"

It can be difficult to stay on track when surrounded by temptation. People who bring you foods that they know you should not eat, or encourage you to skip workouts, are not your friends. These types of toxic relationships, such as with former eating buddies, have to end in order to ensure your success.

Make a Meal and Exercise Plan

There's a cliche: Those who fail to plan, plan to fail. Keeping a food and exercise journal is very helpful. Try an app or paper and pen. Sometimes we don't realize where the extra calories that can

Academy of Nutrition and Dietetics

Eat Right

Food, Nutrition and Health Tips from the Academy of Nutrition and Dietetics

Shop Smart — Get the Facts on Food Labels

Become a smart shopper by reading food labels to find out more about the foods you eat. The Nutrition Facts panel found on most food labels will help you:

- Find out which foods are good sources of fiber, calcium, iron, and vitamin C
- Compare similar foods to find out which one is lower in fat and calories
- Search for low-sodium foods
- Look for foods that are low in saturated fat and trans fats

A Quick Guide to Reading the Nutrition Facts Label

Start with the Serving Size

- Look here for both the serving size (the amount for one serving), and the number of servings in the package.
- Remember to check your portion size to the serving size listed on the label. If the label serving size is one cup, and you eat two cups, you are getting twice the calories, fat and other nutrients listed on the label.

Check Out the Total Calories and Fat

Find out how many calories are in a single serving and the number of calories from fat. It's smart to cut back on calories and fat if you are watching your weight!

Let the Percent Daily Values Be Your Guide

Use percent Daily Values (DV) to help you evaluate how a particular food fits into your daily meal plan:

- Daily Values are average levels of nutrients for a person eating 2,000 calories a day. A food item with a 5% DV means 5% of the amount of fat that a person consuming 2,000 calories a day would eat.
- Remember: percent DV are for the entire day—not just for one meal or snack.
- You may need more or less than 2,000 calories per day. For some nutrients you may need more or less than 100% DV.

The High and Low of Daily Values

- 5 percent or less is low—try to aim low in total fat, saturated fat, cholesterol, and sodium
- 20 percent or more is high—try to aim high in vitamins, minerals and fiber

Nutrition Facts

Serving Size 1 cup (228g)
Servings Per Container 2

Amount Per Serving	
Calories 250	Calories from Fat 110
	% Daily Value*
Total Fat 12g	18%
Saturated Fat 3g	15%
Trans Fat 1.5g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

For more food label information, visit the Food and Drug Administration at www.fda.gov/Food/ResourcesForYou/Consumers

The Label Low Down

Take your health into your own hands by reading labels and being informed!

Serving Size

At the top of each food label is a serving size amount, **start here!** All of the nutrition information given on the food label is based on this serving size. So if a serving size is ½ cup and you eat 1 cup — which would be two servings — you need to double all of the nutrition information.

The number of **servings per container** tells you how many serving sizes are in the whole package.

Calories

Calories are listed directly under the serving size. This number tells you the amount of energy you get in a serving of that food. The calories in a food can come from fat, protein, or carbohydrate. It's important to know how many calories you consume each day to help manage a healthy weight. **Calories from fat** on the label tell us how many calories in each serving come from a source of fat.

Protein

This number tells you how much protein you get from a single serving of that food product. Most of the body — including your muscles and skin is made up of protein, making it an essential nutrient

Nutrition Facts

Serving Size ½ cup (114g)
Servings Per Container 4

Amount Per Serving	
Calories 90	Calories from Fat 30
	% Daily Value*
Total Fat 3g	**5%**
Saturated Fat 0g	**0%**
Cholesterol 0mg	**0%**
Sodium 300mg	**13%**
Total Carbohydrate 13g	**4%**
Dietary Fiber 3g	**12%**
Sugars 3g	
Protein 3g	

Vitamin A 80%	• Vitamin C 60%
Calcium 4%	• Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your caloric needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Cholesterol and Sodium

These numbers tell you how much cholesterol and sodium (salt) are in a single serving of that product. It's important to limit these nutrients, keeping your intake as low as possible.

Total Fat

This is the amount of fat grams contained in a serving of that food. While everyone needs some fat in their diet, it's important to limit the amount, especially unhealthy saturated and trans fats. The different kinds of fat such as saturated, unsaturated and trans fats will be listed individually under the total fat.

Total Carbohydrate

This number tells you how many grams of carbohydrate are in one serving of that food. Carbohydrates are your body's primary source of energy. There are three types of carbohydrates: sugars, starches, and fiber. The total amount of carbohydrates on a label is broken down into sugar and dietary fiber (both are a component of the total carbohydrates in that product)

How Do You Know if Your Food Contains Added Sugar?

Dairy and fruits contain natural sugar. These foods (i.e. yogurt, milk, applesauce) may contain more grams of sugar than others. For food that does not contain natural sugar, such as cereal, look to the ingredients list to see if a form of sugar has been added.

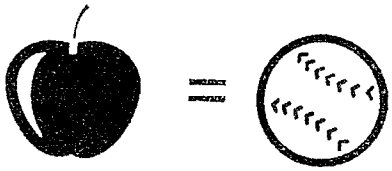
INGREDIENTS: MILLED CORN, RICE, BROWN SUGAR, SALT, MALT FLAVORING, BAKING SODA, ASCORBIC ACID (VITAMIN C), IRON, NIACINAMIDE, TURMERIC COLOR, ZINC OXIDE, PYRIDOXINE HYDROCHLORIDE (VITAMIN B_6), RIBOFLAVIN (VITAMIN B_2), THIAMIN

A Helpful Guide to Portion Sizes

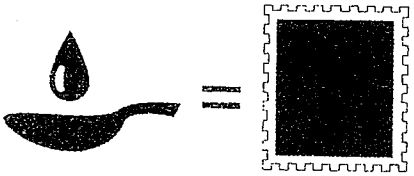
You can have too much of a good thing—even when it comes to healthy foods. Eating the proper portions can help you keep calories under control while eating a variety of foods. Luckily, picking the right portion size is as easy as remembering a few household items.

½ cup of cereal = a fist

1 ounce of low-fat cheese = one domino

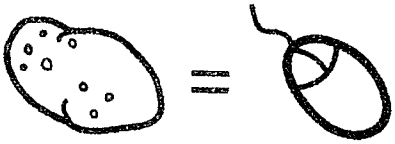


1 medium fruit = a baseball



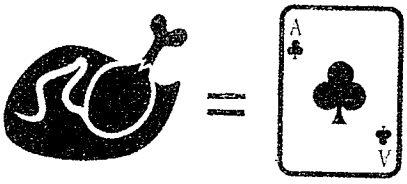
1 teaspoon of oil = a small postage stamp

1 cup of cooked pasta or rice = a tennis ball



1 medium baked potato = a computer mouse

½ cup of ice cream = half of a tennis ball



3 ounces of meat = a deck of cards

2 tablespoons of peanut butter = a golf ball (approximate)

Spring Cleanse Guide

INSTITUTE FOR INTEGRATIVE NUTRITION
THE WORLD'S LARGEST NUTRITION SCHOOL

CLEANSE YOUR BODY

Sip

Increase water intake to flush out toxins, promote optimal organ function, and clear skin.

Sleep

Get better rest by avoiding caffeine, reading a book before bed instead of watching TV or surfing the web, and sleeping in a quiet, cool room with a comfy bed.

Sweat

Working up a sweat is one of the body's best ways to detox and is truly cleansing after a season of toxic buildup.

Detoxifying fruits & veggies

Buy seasonal, cleansing produce during your next trip to the farmers' market.

- ☐ Kale
- ☐ Collards
- ☐ Dandelion
- ☐ Asparagus
- ☐ Artichokes
- ☐ Peas
- ☐ Grapefruit
- ☐ Kiwis
- ☐ Cherries

CLEAR YOUR MIND

Reconnect with your authentic self.

Meditate:

Sit quietly and focus on your breath. Simply notice any thoughts that come up and let them go. Refocus on your breath.

Write:

Begin each day by writing down your thoughts, worries, and judgments and rid yourself of nagging internal dialogue.

Communicate:

Practice listening without thinking about your next statement. Notice when you're being dishonest with yourself or others. Commit to speaking your truth with grace.

DECLUTTER YOUR SPACE

Your spring cleaning checklist:

- ☐ **Sort. Give. Toss.** Springtime is perfect for cleaning out your closets, cabinets, and drawers.
- ☐ **Organize** your paper files, your computer desktop, bathroom medicine cabinet, and refrigerator.
- ☐ **Complete** unfinished household projects and have fun in the process. Write your to-do list, gather supplies, turn on some music, and get to work.

DETOXING SPRING RECIPE

Green Lift Smoothie

Prep Time: 5 minutes
Serves 4

1 bunch of kale, finely chopped
1-2 grated carrots
3 cups boiled water
1 cup coconut milk

- Add kale, carrot and water to a blender and puree very well, about 2 minutes.
- Add coconut milk and blend for 10-15 seconds more.
- Serve warm or place in the fridge and serve chilled.

Tip: *Add a slice of ginger or a dash of cayenne pepper for an added kick.*

Activate Don't Hibernate!

Staying Active During the Winter

- The winter months bring cold weather and shorter days. For many people this means less time for activity. If you make activity a priority and plan ahead you can still get your 30 minutes of moderate physical activity each day.

Be Active During the Day

- Walk at lunch or during work breaks. If it is cold outside, walk inside the building - up and down a few flights of stairs or around the inside perimeter of the building.

- The same is true for cold weekends. Find places to walk indoors like malls or museums.

- At home you can be active indoors. Start your spring cleaning early! Mopping floors, cleaning windows and organizing closets will keep you active and you'll have less to do indoors when spring arrives and you would rather be outside.

Plan Active Weekends

- There are many warm and sunny days in the winter. Use these days to get outside and enjoy the season.

- You are never too old to go outside and make a snowman! Many people enjoy getting outside in the daylight, especially during the winter when we are indoors during most of the daylight hours.

- Consider shoveling your driveway or walkways instead of using a snow blower. Start out small by shoveling a walkway or steps. Be cautious when shoveling heavy wet snow.

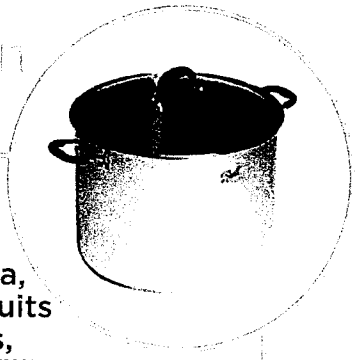
What is canning?

Canning is really one step beyond cooking. It is a method that applies heat to food in a closed glass home canning jar to stop the natural spoilage that would otherwise take place, and removes air from the jar to create a seal. There are two home canning methods - Waterbath Canning and Pressure Canning.

How do I know which method to use?

The type of food you want to preserve will determine which method you will use for safe and great tasting results. We will walk you through the 3 simple steps for Waterbath Canning, which is the best place to start for beginners. It's as easy as boiling water!
Click here for more information on Pressure Canning.

Waterbath Canning



Method for preserving tomatoes, salsa, jellies, jams, fruits (whole, sauces, chutneys, pie filling, etc.) and other high-acid foods.

- **Ball® 21-Quart Waterbath Canner with canning rack OR equally large stockpot with Ball® Canning Rack**
- **Ball® Glass Preserving Jars with Lids and Bands**

Recipes using this method are great for beginners.

Pressure Canning

Method for preserving meats, poultry, vegetables, chili, fish and other low-acid foods.

- **Pressure Canner**
- **Ball® Glass Preserving Jars with Lids and Bands**

Recipes using this method are best for intermediate and advanced canners.

Know Your Fats

Fats and oils are vital to our health — but not all fats are created equal.

What you need to know about the fats we eat:

	Unsaturated	Saturated	*Trans*
Are these fats good for you?	**Yes.** • Lower "bad" cholesterol (LDL) • Lower your risk of heart disease and stroke • Provide fats your body needs, like omega-3 fatty acids	**No.** • Raise your "bad" cholesterol (LDL) • Raise your risk of heart disease and stroke	**No.** • Raise your "bad" cholesterol (LDL) • Lower your "good" cholesterol (HDL) • Raise your risk of heart disease and stroke

Which foods contain these fats?	• Vegetable oils (like olive oil, canola oil, or sunflower oil)
	• Avocados
	• Peanut butter
	• Fatty fish
	• Many nuts and seeds
		• Many animal foods (like fatty beef, poultry with skin, lard, cream, butter, cheese, and whole milk)
		• Baked goods
		• Fried foods
		• Coconut oil
			• Baked goods such as:
			  • Pastries
			  • Pie crusts
			  • Biscuits
			  • Cookies
			  • Crackers
			  • Stick margarines
			  • Shortenings

How much should you eat each day?	Most of the fat you eat should be unsaturated.	Limit the amount of saturated fats you eat each day.	Avoid *trans* fats.

Use these steps to limit unhealthy fats:

- For protein, choose lean cuts of meat or poultry. Or, choose non-meat proteins like fish, beans, lentils, nuts, and seeds.
- Cook meats by roasting, grilling, or stir-frying. Avoid deep-frying.
- Read labels. Choose foods with less saturated fat and no *trans* fats.
- Read the ingredients list. Avoid foods that list "hydrogenated" or "partially hydrogenated" oils.
- Watch out for baked goods, crackers, margarines, and shortenings. They often contain *trans* fat.

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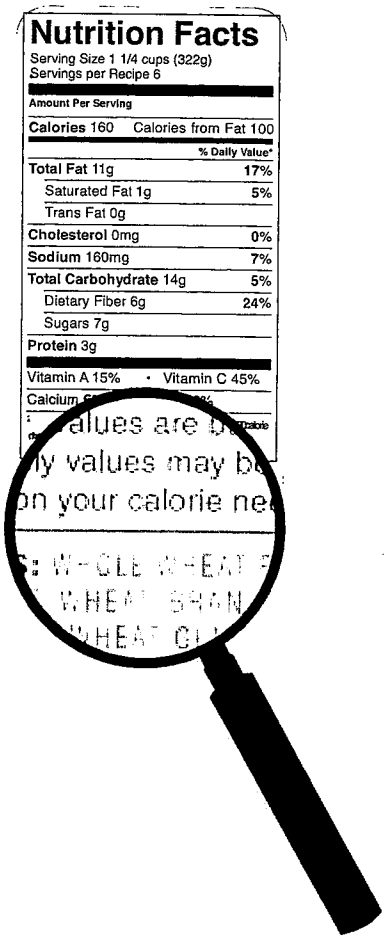
Be a Whole Grain Detective

Search out tasty whole grains using these clues.

A good detective always knows to check the food label...

The first ingredient should always be a whole grain. You may see:

- Whole [name of grain, like wheat, rye, or oats]
- Whole grain [name of grain, like barley, flour, or cornmeal]
- Bulgur
- Buckwheat
- Millet
- Oatmeal
- Quinoa
- Brown rice
- Wheatberries



...and is never fooled by fakes!

- **Don't be fooled by the other ingredients!** Any whole grains listed after the first ingredient may be only a very small part of the product.
- **Don't be fooled by the name!** Just because it says "wheat" or "multigrain" in the name doesn't mean it's a whole grain.
- **Don't be fooled by the color!** Just because it's brown doesn't mean it's a whole grain.

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SHARE OUR STRENGTH'S COOKING MATTERS

Vary Your Fruits and Veggies

Choose fresh, frozen, and canned produce to meet your daily goals.

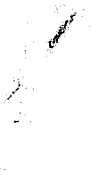
Choose from all the color groups. Check out what each color can do for you.

Red

- Improved memory
- A healthy heart
- Lower risk for some cancers

Orange/Yellow

- Sharp vision
- A healthy heart
- Strength to fight off colds and illness
- Lower risk for some cancers



White

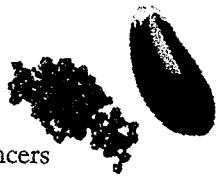
- A healthy heart

Green

- Sharp vision
- Strong bones and teeth
- Lower risk for some cancers

Blue/Purple

- Good memory
- Healthy aging
- Lower risk for some cancers



Eat different parts of the plant that appeal to your tastes.

Seeds

Lima beans, pinto beans, pumpkin seeds, black beans, peas, dry split peas, corn

Roots

Beets, onions, carrots, parsnips, potatoes, radishes, rutabaga, sweet potatoes, jicama

Stems

Asparagus, bamboo shoots, bok choy, broccoli, celery, rhubarb

Leaves

Brussels sprouts, parsley, cabbage, spinach, collards, turnip greens, kale, chard, lettuce, endive, watercress

Flowers

Broccoli, cauliflower

Fruit

Apples, avocados, grapes, cucumbers, bananas, pumpkins, bell peppers, dates, grapefruit, berries, eggplant, plums, melons, oranges, strawberries, tomatoes

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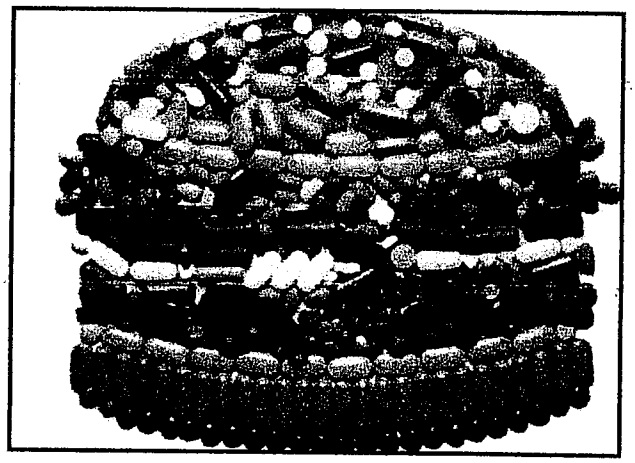
- AARP - http://blog.aarp.org -

Best, Worst Fast-Food Chains for Antibiotics in Meat

Posted By *Candy Sagon* On September 21, 2015 @ 9:00 am In Around AARP | No Comments



The overuse of antibiotics — including in animals used for food — is one of the country's top health threats, notes the Centers for Disease Control and Prevention, because it has led to "superbug" infections that no longer respond to medication.

There has been consumer pressure on the meat industry to stop the routine use of antibiotics to fatten animals and prevent disease in crowded conditions, but consumer groups have also been pressuring the major fast-food chains to switch to suppliers of antibiotic-free meat.

In a new report card grading the top 25 fast-food and fast-casual chains on how far they've come in serving meat without antibiotics, all but five companies got failing grades.

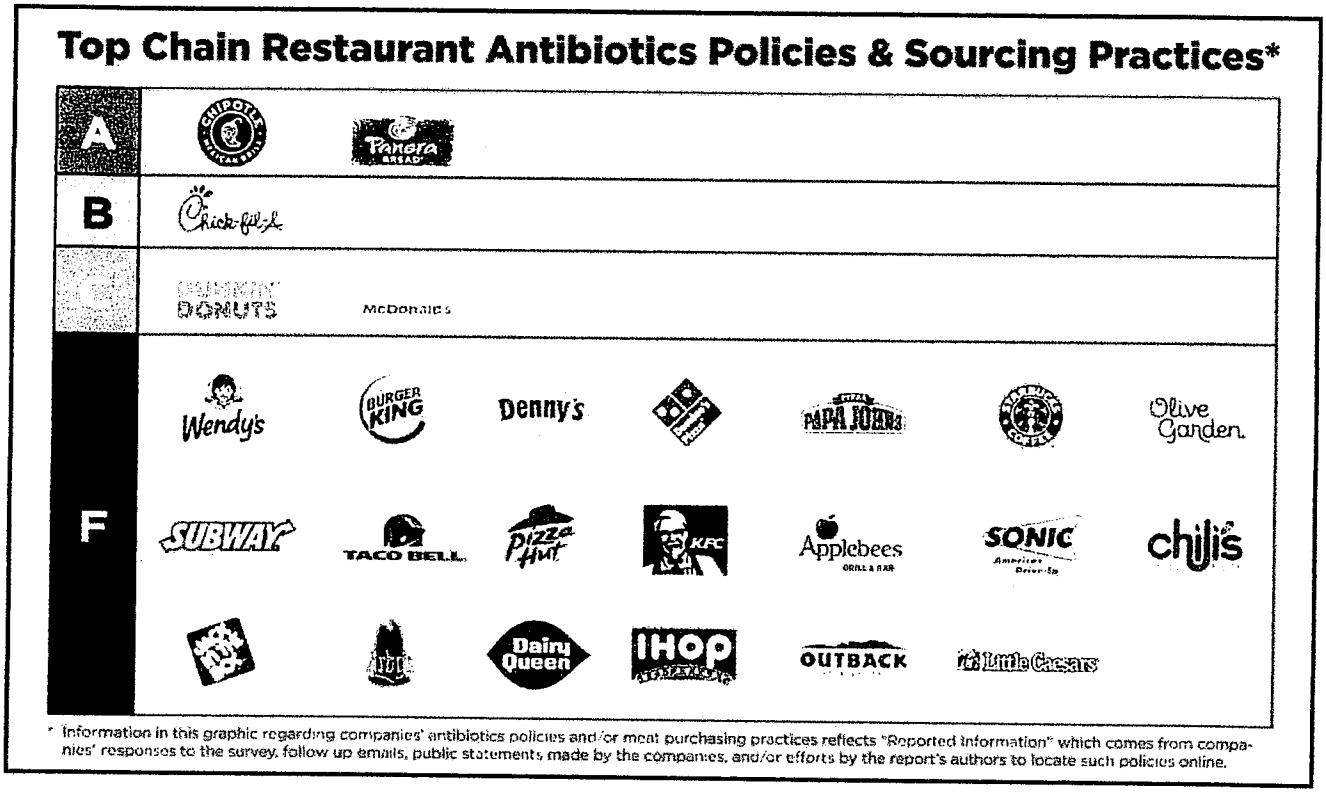
Chipotle Mexican Grill and Panera Bread were the only fast-food chains to get A grades for eliminating antibiotics from the majority of the meat they serve, according to a report by a group of environmental and public-advocacy groups.

Among the big names drawing failing grades: Subway, Starbucks, Denny's and Olive Garden.

The new report, believed to be the first of its kind, graded the chains on their current antibiotics policy. The companies were each sent a questionnaire, and their responses (or failure to respond), along with statements made by the companies either in the press or on their websites, were used to calculate the score.

"From double bacon cheeseburgers to chicken nuggets, most meat served by America's top chain restaurants comes from animals raised in industrial-scale facilities where they are routinely fed antibiotics," the six advocacy groups wrote in their report. The result, they explained, is super-resistant bacteria that can spread to consumers.

"The worsening epidemic of resistance means that antibiotics may not work when we need them most: when our kids contract a staph infection (MRSA), or our parents get a life-threatening pneumonia," the report said.



Here are the report card results:

Chipotle and Panera received top marks because they have adopted policies that prohibit the use of antibiotics, their policies apply to all types of meat they serve, and, with only a few exceptions, they've implemented those policies.

About 90 percent of the meat Chipotle serves is free of antibiotics. Panera reports that 100 percent of its chicken and pork is raised without antibiotics, and about a third of its turkey. The company is still reviewing its beef policy: One of its beef suppliers does not use antibiotics, while another supplier uses antibiotics only when the animals are sick.

Chick-fil-A received a B. The company pledged in 2014 to stop using chicken raised with antibiotics by 2019. Currently 20 percent of the chicken it serves meets that goal.

Dunkin' Donuts and McDonald's got C's. Dunkin' Donuts has adopted a good policy, Consumers Union found, but has not set a timetable for implementation. McDonald's policy applies only to chicken, and the company has not indicated the current percentage of poultry served that's raised without antibiotics, according to the report.

The other 20 restaurants received a failing grade — mostly for failing to adopt policies publicly. These include Burger King, KFC, Starbucks, Denny's, Pizza Hut, Taco Bell, IHOP and Subway; Subway is the largest fast-food chain the world.

Subway's F grade, for example, came largely because the company did not respond to the survey and because of unclear company statements in media reports about "targeting to transition" to chickens raised without antibiotics by next year. Starbucks was also downgraded for not responding to the survey and failure to adopt a clear, public policy.

The other chains either had no disclosed policy on antibiotics use in their meat and poultry or had policies that could allow for the continued use of antibiotics.

Photos: Courtesy Consumer Reports and Consumers Union

Article printed from AARP: **http://blog.aarp.org**

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