



Volume 13 - March 2010



*A Moment With Dr. Moore,
our PhD Psychologist/
Eating Behaviorist*

Nutritional Guidelines

Ten Tips to Focus On Other Than The Scale!

Eat 6 meals per day.

Try to eat every 3 hours to maintain energy, prevent getting too hungry, and to stoke your metabolism.

Eat lean protein at each meal.

Our bodies work best on a balance of protein and carbs. Protein makes you feel full longer. Aim for lean choices like skinless chicken breast, low fat lunch meats (ex. Turkey), reduced-fat string cheese, beef jerky, tuna and other lean meats for protein.

Keep an eye on portion size.

Get used to reading labels on pre-packaged foods. You might be surprised to find that one drink is actually 2.5 servings. Use common sense approaches like eating servings of protein the size of your hand and servings of carbohydrates the size of your fist.

When possible, plan meals and snacks ahead of time.

Having good options available when you need them will help you stay on track and develop a habit of choosing healthy options. If you're not sure what's available or don't have healthy choices at hand, you're more likely to choose less healthy options.

Drink plenty of water each day.

Our bodies often confuse thirst for hunger and hold onto water, leaving us feeling sluggish. Drink one glass of water with each meal and up to 4 additional glasses each day.

*For the remainder of this article please continue
to page 2*

Helpful Links:

Shop in our online store:

www.imetabolic.com/store

Visit our Bariatric surgical partner WBI:
www.westernbariatricinstitute.com

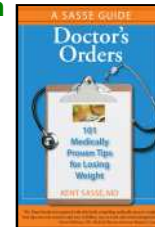
Learn about preventing Childhood Obesity:
www.obesitypreventionfoundation.org

Monthly online Store Special:

You don't have to be Irish to enjoy this offer!? This is March Madness!

Spend just \$50.00 and get a FREE Dr.'s Orders (101 weight loss tips) book written by our own

A \$14.95



**Dr. Sasse!
value!**

www.imetabolic.com/store

This year, make a pledge to yourself to eat more fresh veggies—High in nutrients and fiber but low in calories, they're a great way to fill up for snacks and meals so experiment and try a new one! It's almost spring and one of our favorites is Asparagus...**Why Eat Asparagus?** High in vitamins B6 and C, plus fiber, folate and glutathione, an anti-carcinogen and antioxidant, asparagus is an excellent nutritional choice. It comes in three colors: white, green or purple, though the green variety is the most common. Contrary to what you might think, it isn't always expensive. It is best—and is usually cheapest—in and May. Go to pages 3/4 for 2 yummy asparagus recipes!



al-
com-
at its
April

Doctor's Orders by Kent C. Sasse, M.D., MPH, FACS, Medical Director of iMetabolic

Have dinner and a walk. It's like dinner and a movie, only different. Have a light dinner and take an evening walk. Do this regularly and watch the pounds fall off (Fabricatore, 2003.)

It's amazing how simple changes in behavior can affect not only your weight but your whole life. Taking a walk in the evening, especially when it replaces random snacking and channel surfing, is an excellent way to get fit and lose weight. There are collateral benefits, too.

Your companion on your walks (even if it's your schnauzer) will enjoy your company, and relationships will be strengthened. Walking is great exercise. In fact, it's the most sustainable long-term exercise for people who have managed to keep off a significant amount of weight for years. It's good for the mind, body and soul.

Tune into “Why?”

People who have a clear vision of what they’re working toward are more successful than those who don’t. Make sure you take some time to really think about your goals and why they are important to you. Imagine yourself successful. How is life different?

Listen to your body.

Our bodies give us clear signals about when we are hungry and when we are full. However, during a busy day, these signals get blurred and are difficult to hear. Stay tuned into your stomach before and after meals. Check in to see how hungry you are before you eat and aim to eat until you are 75% full.

Set short-term, behavioral goals

Often people set weight goals (ex. Lose 25 pounds). Instead, aim for short-term, measurable, behavioral goals, like walking 3 days this week.

Separate physical and psychological hunger.

Ask yourself if you are hungry before eating between scheduled meal or snack times. If you are bored, stressed out, or upset, find an alternative activity to help you feel better.

Strive for consistency, not perfection.

Nobody’s perfect. Give yourself a break for not being perfect, learn from your “oops” moments, and get back on track as soon as possible.

Did you know that asparagus is a member of the lily family? Look for asparagus with firm stalks and tightly closed tips. An open tip means that the asparagus is past its prime and will taste grassy and bitter, not sweet. In fact, it's sweetest if you cook it as soon as you buy it. However you may store asparagus in the fridge for a day or so. The best way to keep it is to cut off an inch of stalk and stand the asparagus in a container with about 2 inches of water, then cover with a plastic bag. This keeps the asparagus more juicy and flexible.

Asparagus has a natural breaking point. Snap each stalk and discard the woody bottoms. Pencil thin stalks need no peeling and can probably be trimmed to uniform lengths with a knife, as they have not developed any woodiness. However, medium to large asparagus will profit from peeling. Place the asparagus flat on the counter top, hold the tip gently, and peel from mid-stem down to the bottom with a sharp vegetable peeler.

Steamed Asparagus with Dijon Mustard Sauce

Recipe makes four, 4 oz servings

Ingredients

1 lb fresh asparagus
2 tsp Dijon Mustard, such as Grey Poupon

Salt and Pepper to taste

Directions

1. Wash and trim any tough ends on the asparagus.
2. Place the asparagus in a steamer, or in a sauce pan with a 1/4 to 1/2 of water in the bottom. If the stalks won't fit intact, break them in half.
3. Steam or boil over high heat until the asparagus turns bright green and is tender-crisp when a fork is inserted in the stalk, about 3-5 minutes. Do not overcook.
4. If boiling, drain the water and add the Dijon mustard, gently tossing the asparagus in the pan until well coated.
5. If the asparagus was steamed, transfer to a bowl and toss the asparagus with the Dijon mustard until it is uniformly coated.
6. Season to taste with sea salt and ground pepper.
Serve immediately.

Nutritional Facts

Serving Size: 4 oz (113 grams)

Amount Per Serving

Calories: 28.5
Total Fat: 0.2 g
Saturated Fat: 0.1 g
Polyunsaturated Fat: 0.1 g
Monounsaturated Fat: 0.0 g
Cholesterol: 0.0 mg
Sodium: 62.3 mg
Potassium: 309.2 mg
Total Carbohydrate: 5.1 g
Dietary Fiber: 2.4 g
Sugars: 0.0 g
Protein: 2.6 g

Oven Roasted Asparagus and Mushrooms

This flavorful asparagus recipe will fit in with just about any meal. Garlic gives this combination of asparagus and mushrooms extra flavor.

Ingredients:

- 1 pound asparagus, woody stalk ends trimmed
- 8 ounces (1/2 lb.) sliced mushrooms or whole if small
- 3 tablespoons extra-virgin olive oil
- 1 clove garlic, minced

Salt and pepper

Preparation:

Heat oven to 425°.

Toss the asparagus and mushrooms in a food storage bag with the olive oil and garlic until well coated. Spread the out in a large baking dish. Sprinkle liberally with salt and pepper.

Bake for 15 to 20 minutes, until tender and lightly browned.

Serving Size: 4 oz (113 grams)