

# Winter 2015 Nutrition Newsletter

## Jump Start your Weight Loss Efforts Now!!

*Bethesda Medical Associates*

New Year can mean “new you” if you start smart and set attainable goals. Weight loss is among the most common New Year’s resolutions, but we typically burn out around March; read below to discover new ways to increase your ability to lose the weight and keep it off no matter what season or month we are in!!

**TRACK YOUR CALORIES:** Most Americans underestimate just how many calories they consume on a daily basis. Websites like My Fitness Pal, Spark People and Lose It (which also all have apps) will allow you to input your daily dietary intake and view totals of calories, fat, carbohydrates, sugar and fiber. These sites/ apps also promote portion control since they ask for the exact amount of food you consumed. Maintaining a food log is one of *the most effective strategies* for losing weight in a healthy way.



**CUT THE SUGAR:** The average American will consume 130lbs of sugar this year, which is equivalent to almost four cans of soda (or 160g) PER DAY. The World Health Organization recommends limiting added sugars to 25-30g per day, which is six teaspoons or less. This total does not include natural sugars like the ones found in fresh fruit, but be sure to read your labels on any processed product since sugar is added to almost 85% of processed foods.



**MOVE MORE THROUGHOUT THE DAY:** The recommended 30 minutes of moderate intensity exercise, five times per week is very important but you also want to walk more throughout the day. Tools like pedometers, namely the popular Fit Bit or Vivo Fit, are wonderful for assessing just how much one moves throughout the day; plus wearing it on your wrist can help remind you of your goals while you are at work. You can also use take short walks at lunch, climb the stairs on the hour, every hour, or ride your bike to work twice a week. However you get it done try to get up and move every 30 minutes to increase your total daily calorie burn.



**ADD 1 CUP OF VEGETABLES TO EVERY MEAL:** Meeting our daily fiber goal should be achieved primarily through fresh vegetables, some fruits and whole grains, not processed fiber bars. Vegetables are extremely filling and can help reduce overall caloric intake. Try adding 1 cup of spinach to a smoothie or sautéed with egg whites for breakfast, take a salad versus a sandwich for lunch, and aim to make half of your plate green vegetables at dinner to meet your fiber goal and increase your nutrient and antioxidant intake to help boost your immune system.

## Recipe: Refreshing Green Machine Smoothie

Adapted from [www.the-lowcarb-diet.com](http://www.the-lowcarb-diet.com)

Nothing starts your day off better than feeling good about the choice you made for breakfast. Try this new, refreshing smoothie idea to start your day off with all of your macro and micronutrients along with almost three cups of vegetables which is equal to one third of your daily fiber need. Who says you cannot have vegetables for breakfast??

**Prep Time:** 5 Minutes

**Total Time:** 5 Minutes

### INGREDIENTS:

- 2 cups of Spinach or Kale
- 1 stalk of celery
- 1 small handful of parsley
- ¼ Large Avocados (Frozen)
- ¼ Large bananas (frozen)
- ¼ Large Green Apple
- 1 cup of unsweetened Almond milk
- ½ scoop of Vanilla Protein Powder
- 1 cup of Ice



### INSTRUCTIONS:

- Combine all ingredients in a powerful blender or food processor and blend until smooth
- You can prepare batches ahead of time and freeze in small containers. Put in refrigerator to thaw the night before you need it in the morning. Stir or shake the bottle to redistribute content before consuming

### NUTRITION INFORMATION:

- Total Calories: 243kcal
- Carbohydrates: 27g
- Sugar: 12g
- Fiber: 10g
- Fat: 9g
- Protein: 15g

*\*\* Total may vary slightly with different protein powders or brands of Almond Milk\*\**