

The Healthy Weigh

September/October '01

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“Happiness is like jam—you can’t spread even a little without getting some on yourself.”
Unknown

“Look at every situation as if you were in the future and were looking back on it.”
Gen. Peter Schoemaker

“The greatest mistake a person could make is to be afraid of making one.”
Elbert Hubbard

“The bottom line is that when the final curtain drops the only things we truly regret are the things we did not do.”
Clive Cussler

“You do not have to be in a key position to open the door to opportunity.”
Unknown



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Two Years & Thirty Five Pounds Lighter By Caryn Honig RD LD

Lauren Gunter, 17, will spend her senior year of high school a more confident and self assured young lady. For the past two years, she has been attending weekly nutritional counseling sessions at The Healthy Weigh and exercising on a regular basis. Through her efforts, she has lost a total of 35 pounds.

Growing up, Lauren was a thin and active child and never worried about her weight. She was extremely athletic and participated in many church league activities including swimming, soccer, softball, and basketball. Then, the summer before 5th grade, Lauren broke her arm and could not participate in any activity for six months. She was completely sedentary and, as a result, began gaining weight.

Through the 5th and 6th grades, her weight continued to escalate, and in 7th grade, Lauren made her first attempt at weight loss. For the next year and a half, she met with a personal trainer to work out twice per week. Although she got in great physical shape, she did not lose any weight and became frustrated with her efforts.

In 8th grade, Lauren quit the personal training and spent the next two years not exercising and not paying attention to her eating habits. The result was that she gained even more weight. Finally, during her sophomore

year in high school, Lauren decided to make a lifestyle change. She joined her high school’s lacrosse team, which meant daily practices. She also began working out on her own 3-4 times per week. And, she decided to change her eating habits.

Lauren’s first visit to The Healthy Weigh was on July 3, 1999. At that time, a typical day of eating included:

Breakfast: Golden Grahams Cereal with 1% milk OR eggs with Canadian bacon OR toasted bagel

Lunch: Grilled chicken breast, salad with cheese, carrots, ranch dressing, and orange juice

Dinner: Steak, vegetables, pasta, bread

Snacks: Ice cream, cookies, candy, chips and salsa.

Lauren was also leading a very active social life, which meant eating out often and frequent social gatherings. At restaurants, she would order whatever she wanted – fried food, greasy food, foods loaded with fat and calories. At parties she ate chips, pizza, candy, cookies, and other typical “party foods.”

Through her sessions at The Healthy Weigh, Lauren has learned to eat healthy, balanced meals and snacks. She learned that she *can* eat out and *can* eat at parties but needs to make healthier choices. She has learned about hunger aware-

ness, hunger levels, emotional eating, cooking “light” and, most important, moderation. Now, a typical day of eating might include:

Breakfast: 1 English muffin with 1 egg, 1 ounce of 2% cheese and 2 pieces Canadian bacon, 1 cup skim milk
Lunch: Whole wheat tortilla wrap with turkey and lowfat cream cheese, carrots, fruit, water

Dinner: 4-5 ounces lean meat, salad with lowfat dressing, 1/2 cup rice, 1 cup skim milk

Snacks: fruits, vegetables, nutrition bars

Lauren’s weight loss has been slow and steady (approx. 1.5 pounds per month). Some months have been better than others — some easier, some harder. She lost weight through two holiday seasons, lots of birthday celebrations, and two summers at camp. Her diligence and determination has certainly paid off. She will spend her senior year of high school healthier and happier than she’s been before. Lauren hopes to lose one more clothing size and then begin a maintenance plan. Her advice to others is, “You have to be willing to sacrifice and work hard. It’s worth it.”

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Back To School Munchies (great for breakfasts too)

- **Spread 2 tbsp. hummus on 1/2 a bagel**
- **Blend 1/2 cup plain low-fat yogurt, 1/2 cup orange juice, 1/2 frozen banana, and frozen berries.**
- **Add fruit and low-fat granola to plain low-fat yogurt.**
- **Melt a slice of jarlsberg lite swiss cheese over a slice of tomato on 1/2 English muffin.**
- **Stuff 1/2 a whole-wheat pita with 1/2 cup of cottage cheese, sliced peaches, pears, or banana.**
- **Roll a whole wheat tortilla with scrambled egg beaters and salsa.**
- **Layer a whole-grain toaster waffle with 1/2 cup plain low-fat yogurt and 1/2 cup of berries.**
- **Scoop 1/2 cup of low-fat cottage cheese into 1/2 a cantaloupe or honeydew melon.**
- **Spread 1 tbsp. of peanut butter on whole wheat bread and wrap it around a banana.**
- **Stir 1/2 cup each of low-fat yogurt and orange-pineapple-banana juice and 1/3 cup of sliced banana and 6 blueberries. Freeze overnight.**
- **Top a small raisin bagel with low fat cream cheese and thin apple slices.**
- **Combine 1/4 cup low-fat ricotta cheese with 1/2 cup apple sauce and a dash of cinnamon. Sprinkle with Grape-nuts.**



HEALTHY EATING A TO Z

Almonds are high in protein, vitamins, minerals and flavor
 Bananas have 450 mg of potassium each
 Chocolate (in moderation) is good for the soul
 Dole Fruit Bars are 70 calories and contain chunks of real fruit
 Escarole has more calcium and fiber than romaine lettuce
 Flax seeds are bursting with calcium, iron, and Omega-3
 Garbanzos are packed with protein and fiber and are low in fat
 Halibut is low in calories and fat and high in protein
 Iceberg lettuce has very little nutritional value – choose other kinds of lettuce
 Jicama is low calorie and high in vitamins and minerals
 Kiwis have 50 calories and a full day's worth of vitamin C
 Lentils are high in fiber, folate, and vitamins
 Milk is high in calcium and good for your bones
 Neufchatel spreadable cheese tastes great on pita
 Orange roughly has 76 calories and .8 grams of fat for 3 oz.
 Peanut butter is full of protein and B vitamins
 Quinoa is a fiber-rich whole grain and a complete protein
 Rice (brown) is a great source of fiber
 Soybean products are an excellent source of protein and contain anti-cancer fighting agents
 Twizzlers are low in fat and perfect to curb a sweet tooth
 Unsaturated fat has many disease preventing qualities
 Venison is as lean as chicken and tastes like beef
 Water is the most indispensable nutrient you can offer your body
 Xtra virgin olive oil contributes to cardiovascular health
 Yams are super high in beta-carotene and great for the eyes
 Zinc, which aids the functioning of the immune system, can be found in legumes, nuts, and spinach.



EATING DISORDERS SUPPORT GROUP FALL MEETING TIME

(STARTING SEPTEMBER 10, 2001)

Who: Those suffering from an eating disorder are encouraged to come for help and support

When: MONDAYS AT 6:00 p.m.

Where: 3701 W. Alabama, Suite #230

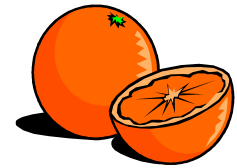
Call: Caryn @ 713-622-6422

Cost: Free

Cost: Free



Back To School Recipes



Banana-Chocolate Chip Mini Muffins

INGREDIENTS

- 2 cups all-purpose flour
- 1/2 cup brown sugar
- 3 teaspoons baking powder
- 1/2 teaspoon salt
- 1/3 cup mini chocolate chips
- 3/4 cup skim milk
- 3 tablespoons oil
- 1 egg, beaten
- 1/2 cup mashed ripe banana

DIRECTIONS

1. Preheat oven to 400 degrees.
2. In a medium bowl, combine flour, sugar, baking powder, salt, and mini chocolate chips.
3. In a small bowl, combine milk, oil, egg, and banana. Mix well. Add to dry ingredients, and stir just until moistened (batter will be lumpy).
3. Coat 24-mini-muffin tin with non-stick cooking spray.
4. Divide batter among muffin cups.
5. Bake for 10-12 minutes or until lightly brown and a tester comes out clean.
6. Cool in pan for 2 minutes; remove to wire rack to cool completely.
7. Enjoy.

Per mini-muffin

- Calories: 90
- Carbohydrates: 15 grams (66%)
- Protein: 1.6 grams (7%)
- Fat: 2.7 grams (27%)

Orange 'n Easy Salad

This is a great after-school snack or a good side dish with mixed vegetables. It's also a great post-workout refresher.

INGREDIENTS

- 24 ounces low fat cottage cheese
- 3 ounces orange gelatin
- 20-ounce can crushed pineapple, drained
- 12-ounce lite whipped topping
- 11-ounce can mandarin oranges, drained

DIRECTIONS

In large bowl, combine all ingredients; mix well. Cover salad and refrigerate for 2 hours.

Analysis for total recipe:

- Calories: 1200
- Carbohydrates: 167 grams (58%)
- Protein: 92 grams (32%)
- Fat: 12.5 grams (10%)

Recipe Contributed by

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(10% off purchases at RunSport if you mention that you are a client or an associate of The Healthy Weigh)

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etceteras



CONGRATULATIONS SAMANTHA SCHEPPS, 6, FOR COMPLETING TWO TRIATHLONS on July 7 and 21. Both races included a 50 meter swim, 1 mile bike, and 1/4 mile run.

CONGRATULATIONS MINDY TYSON AND CRAIG McHORSE for completing the San Diego Rock 'N Roll Marathon on July 13. They finished together in 5:45 and raised over \$8,000 in donations for the Leukemia and Lymphoma Society!

CONGRATULATIONS ELLEN YARRELL for receiving the David A. Gibson Award from the Gulf Coast Family Law Specialists. The award recognizes outstanding professionalism and excellence in the practice of family law.

CONGRATULATIONS DEBRA SMITH for completing the Ironman USA, Lake Placid, New York, in 12:55:31. Debra came in second place in her age group (50-54) and qualified for the Hawaii Ironman on October 6.

CONGRATULATIONS LAURA GENET for starting a new teaching position at a grass roots charter school, 3D Academy, in the Fifth Ward.

GOOD LUCK SHAWN SMITH at the Canada Ironman on Sunday, August 26. We're rooting for you.

CONGRATULATIONS SUZY SEELEY for completing the Jesus Marathon on August 18, in Denver, Colorado. Even though she strayed two miles off course, she still finished in 3:58 and placed 2nd in her age group.



HAPPY 1ST BIRTHDAY Mary Katherine Saye!

HAPPY BIRTHDAY TERESA HISER, LISA KORSTEN, ANGELA CALLAWAY, MICHELLE PITTMAN, RACHEL BREEN, SUSAN MATHEWS, AND EMILY YARRELL.

CONGRATULATIONS RUSSELL RAMIREZ AND CHARLES KATZ for completing the Pikes Peak Marathon (13.1 mile ascent and 13.1 mile descent) in Colorado Springs, Colorado on August 19. Charles and Russell finished the race in 6:41:14 and 7:32 respectively.

GREAT JOB MARK FRASER on completing 50 miles at the Leadville, Colorado 100 mile race on August 18. We are so proud of you!

