

# The Healthy Weigh

June/July 2002

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www.thehealthyweighonline.com



"For fast acting relief, try slowing down."

Lilly Tomlin

"Success is never a destination—it's a journey."

Satenig St. Marie

"I don't know the key to success, but the key to failure is trying to please everybody."

Bill Cosby

Is the glass half empty or half full? "It depends on whether you are pouring or drinking."

Bill Cosby's grandmother

"The secret of staying young is to live honestly, eat slowly, and lie about your age."

Lucille Ball

"If I had to live my life again, I'd make the same mistakes, only sooner."

Tallulah Bankhead

THE HEALTHY  
WEIGH  
713-622-6422

## Summertime Food Safety

by Caryn Honig RD LD

Summertime is the perfect time to eat, drink, and be merry. It is also a time when food poisoning and food infections are especially prevalent. One reason for this is that the harmful bacteria that may be present in food grow faster in the warm summer months. Another reason is that the safety controls that kitchens provide, like refrigeration, washing facilities, and thermostat-controlled cooking, are often not available when people cook outside. Lastly, foods at picnics are often prepared by well-meaning cooks who do not know how to safely prepare, store, and serve large quantities of food.

While most victims suffer only short-term digestive upsets, some food poisoning can result in permanent nerve damage, kidney failure, or death.

The following suggestions can greatly reduce the chances of getting food borne illnesses.

### WASH, WASH, WASH

Wash hands with hot, soapy water before and after handling food and after using the bathroom, changing diapers, and handling pets. Cutting boards, countertops and other surfaces also need to be washed with hot, soapy water. Recent re-

search has shown that plastic boards need to be replaced when scarred and wooden boards are *not* recommended for use with raw foods from animal origin. Finally, raw fruits and vegetables need to be thoroughly washed before consuming. If there is not a source of clean water, pack clean, wet, disposable clothes or paper towels.

### PREVENT CROSS CONTAMINATION

Cross contamination can be deadly. When packing a cooler, wrap raw meats securely to prevent juices from coming in contact with ready-to-eat foods.

Keep raw foods away from cooked foods, clean plates, and clean utensils. Wash plates, utensils, and cutting boards that held raw meats before using again for cooked foods. Take a clean plate out to the grill to hold the safely cooked food.

Always marinate food in the refrigerator, not on the counter. If some marinade is to be used on the cooked food, keep some of the marinade in a separate container before adding the meat. Do not put raw meat in the reserved marinade, and do not reuse marinade that has been used with raw meats unless it is boiled first to destroy bacteria.

### COOK FOOD TO PROPER TEMPERATURES

When grilling foods, pre-heat the coals for 20-30 minutes, or until the coals are lightly coated with ash. Cook hamburgers, pork, and steaks to 160° F, poultry to 170°, and fish until it is opaque and flakes easily.

### KEEP HOT FOODS HOT AND COLD FOODS COLD

Bacteria multiply rapidly between 40° and 140° F. Never leave food in this danger zone for more than one hour in temperatures above 90° F or for two hours in cooler temperatures.

Keep cold, perishable foods like cooked meats and salads in insulated coolers packed with several inches of ice. As soon as the ice starts melting, add more to keep the temperature cold. Store the cooler in the coolest part of the car, and keep it out of the sun whenever possible.

Those at highest risk for food borne illness are persons who have compromised immune systems or are chronically ill, pregnant women, children, and the elderly. Be careful and have a safe and healthy summer.

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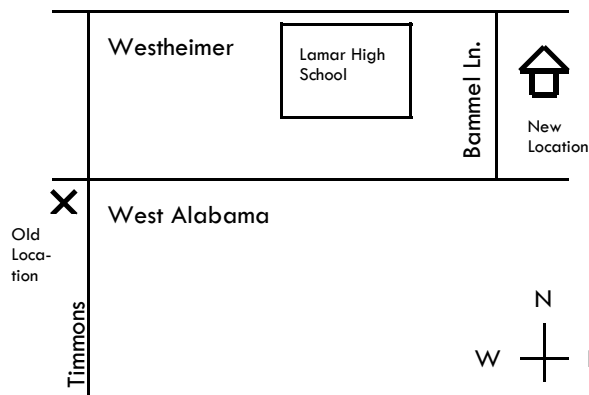
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## THE HEALTHY WEIGH IS MOVING!!

**On July 1, 2002, The Healthy Weigh will have a new address: 2801 Bammel Lane.**



### *Why The Healthy Weigh Is Moving*

*Because of our faithful clients and referrals throughout the Houston community, The Healthy Weigh has experienced continuous growth and change. For the past two years, we have thoroughly enjoyed subleasing from Bryan J. Peters and Associates and have benefited tremendously from being in business with the most recognized Pilates studio in the city. However, it is now time to move on and occupy our own facility.*

*On July 1, The Healthy Weigh will have a new address: 2801 Bammel Lane. The building is one of the quaint, historic houses at the Gardens of Bammel Lane.*

*Caryn, Ronda, Jennifer, Mindy, Sherri, Emily, and one new dietitian (to be announced in July) will be moving to the new location. Kathleen McGarity, RMT, will also be joining The Healthy Weigh staff. Please watch for an open house with dinner and dancing in September or October. We hope you will join us as we celebrate our new location.*

*A big thank you to everyone who has supported The Healthy Weigh during the past six years of private practice.*

*Caryn Honig, Owner, The Healthy Weigh*

## WORDS OF WISDOM

One day a farmer's donkey fell into a well. The animal cried piteously for hours as the farmer tried to figure out what to do. Finally, the farmer decided that the animal was old and that the well needed to be covered up anyway. It just wasn't worth it to retrieve the donkey. The farmer invited all his neighbors to come over and help him. They all grabbed shovels and began to shovel dirt into the well. At first, the donkey realized what was happening and cried horribly. Then, to everyone's amazement, he quieted down. A few shovel loads later, the farmer finally looked down the well and was astonished at what he saw. With every shovel of dirt that hit his back, the donkey was doing something amazing. He would shake it off and take a step up. As the farmer's neighbors continued to shovel dirt on top of the animal, he would shake it off and take a step up. Pretty soon, everyone was amazed as the donkey stepped up over the edge of the well and trotted off!

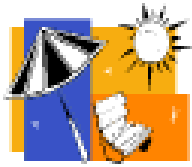
Life is going to shovel dirt on you – all kinds of dirt. The trick to getting out of the well is to shake it off and take a step up. Each of our troubles is a stepping stone. We can get out of the deepest wells just by not stopping, never giving up! Shake it off and take a step up!

Remember also the five simple rules to being happy:

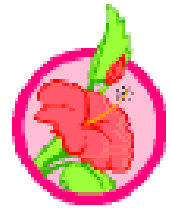
1. Free your heart from hatred.
2. Free your mind from worries.
3. Live simply.
4. Give more.
5. Expect less.

Source unknown





# Summer Vegetarian Recipes



## Cape Cod Carrot Bread

### Ingredients

- 1 1/4 cups whole-wheat flour
- 3/4 cup plain wheat germ
- 1/3 cup stone-ground yellow cornmeal
- 1/2 cup packed light brown sugar
- 2 teaspoons baking powder
- 1 teaspoon baking soda
- 1 teaspoon ground cinnamon
- 1/2 teaspoon salt
- 2 eggs
- 1/2 cup fresh orange juice
- 4 tablespoons margarine or butter, melted
- 2 tablespoons maple syrup
- 2 cups shredded carrots



### Directions

1. Preheat the oven to 400° F.
2. Lightly oil a 9 X 5-inch nonstick loaf pan.
3. In a large bowl, combine flour, wheat germ, cornmeal, brown sugar, baking powder, soda, cinnamon, and salt.
4. In a medium bowl, lightly beat eggs.
5. Stir in orange juice, margarine, and maple syrup.
6. Add with carrots to the dry ingredients and stir until combined.
7. Spoon the batter into prepared pan.
8. Place in the oven.
9. Immediately reduce heat to 350°, and bake 60-70 minutes, until a wooden pick inserted in the center comes out clean.
10. Cool in pan for 10 minutes.
11. Turn out on a wire rack to finish cooling.
12. Cut into slices and enjoy.

*Recipe from The No-Tofu Vegetarian Cookbook, by Sharon Sassaman Claessens.*

## Vegetarian Chili

### Ingredients

- 3 tablespoons olive oil
- 1 medium onion, chopped
- 2 cloves garlic, finely chopped
- 1 jalapeno chili pepper, finely chopped
- 1 1/2 – 2 teaspoons cumin
- 1/4 teaspoon finely ground red chili powder or cayenne pepper
- 15 ounce can pinto beans, black beans, or kidney beans, drained
- 28 ounce can diced tomatoes, with liquid
- 6 ounce can tomato paste
- 1 cup canned white hominy, drained
- 3/4 cup frozen corn kernels
- 3/4 cup frozen okra slices
- 2 tablespoons chopped fresh cilantro (optional)

### Directions

1. Heat oil in a large, deep pan over medium heat.
2. Add onion, garlic and jalapeno chili. Sauté for 1 to 2 minutes, but do not let garlic turn brown.
3. Add cumin, beans, tomatoes, tomato paste, hominy, corn, and okra. Stir to combine.
4. Cook for about 15 minutes, until mixture is well-heated and flavors are blended.
5. Serve in bowls, and top with cilantro, if desired.

Variation: Serve chili over macaroni or couscous.

### Yields 6 servings

*Recipe from The Teen's Vegetarian Cookbook, by Judy Krizmanic*



# The Healthy Weigh

3701 West Alabama, Suite #230  
Houston, Texas 77027

The Healthy Weigh

## etceteras

### EATING DISORDERS SUPPORT GROUP

**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, Studio B

**Call:** Caryn or Ronda @ 713-622-6422

**Cost:** Free

### CONGRATULATIONS WOMEN'S 8TH PLACE FINISHERS AT THE BEACH TO BAY RELAY IN CORPUS CHRISTI ON SATURDAY, MAY 18:

Suzy Seeley  
Lisa Korsten  
Caryn Honig  
Angela Callaway  
Meredith Novy



### HAPPY 7th BIRTHDAY SAMANTHA SCHEPPS!

**CONGRATULATIONS HIGH SCHOOL GRADUATES:** Mitzi Gonzales, Lauren Gunter, and Megan Slack.

### HAPPY 16th BIRTHDAY KATIE GLAVES!

**CONGRATULATIONS MITZI GONZALES FOR** getting accepted to Knox College.

**CONGRATULATION NANCY CALLES** for being nominated one of Houston's top 10 nurses. Nancy works for the Baylor Pediatric Aids Initiative Program.

**10% DISCOUNT AT RUNSPORT FOR ALL HEALTHY WEIGH CLIENTS AND ASSOCIATES.** Call (713) 524-6662 or stop by 2133 Richmond Avenue.



**CONGRATULATIONS ALEX SULLIVAN AND MATT DOAN** for tying the knot on April 13.

**CONGRATULATIONS JENNIFER HOUGHTON AND MIKE LINDSAY** for their marriage on June 1.

**CONGRATULATIONS TO THE HEALTHY WEIGH'S OWN MINDY TYSON** for graduating from Rice University with a bachelor of arts in anthropology and sociology. Mindy will be spending the summer working at The Healthy Weigh and will then be off traveling the world. Bon Voyage, Mindy.

**COMING SOON:** The Healthy Weigh will be sponsoring an eating disorders conference featuring guest speaker **Francie White MS RD LD.**