

Happy Spring! Once we get past the snow storms and wind, the flowers will bloom and another spring will arrive. Before winter leaves, look closely at the snow covered trees, the colors of the birds against the snow, the sun as it glistens on the ice. Enjoy the moment and the beauty that comes with each season. Life, as in nature, has beauty at each stage that should be appreciated for what it offers us. When the spring arrives we can smell the roses, but right now we can feel gratitude for the beauty of the season that asks us to slow down and take it easy.



Your Wellness Coach, Rebecca Cohen

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Techniques to Convert Recipes to Low Fat



The fat content in recipes can be reduced in many ways. Here are some ideas to help you make your favorite recipes healthier.

1. Meats (hamburger, chicken, ham, beef): Use extra lean beef products; white chicken meat, not dark; boneless/skinless chicken breasts; substitute hamburger and chicken

with white turkey meat; substitute turkey ham and turkey bacon for real ham (has less fat)

2. Tuna:

Tuna packed in water has almost no fat; buy light tuna, not albacore.

3. Dairy products:

Use low fat or nonfat dairy products.

4. Fats:

Cook with low fat, vegetable sprays and nonstick skillets; use "healthy heart" spreads, olive or canola oil; drain off all fat while cooking; chill soups before eating and skim off the fat from the top.

The Seven C's of Success:

1. Clear Conception of what you want
2. Confidence in yourself
3. Concentration
4. Consistency in pursuing your vision
5. Commitment
6. Character to guide you on the proper course
7. Capacity to enjoy the process

POWER UP AT BREAKFAST WITH FUNCTIONAL FOODS

When you're in a hurry for something quick, nutritious, and healthy for breakfast, here is the perfect meal. I've been experimenting lately trying to find the healthiest, quickest breakfast which would include everything you need to start your day. The following breakfast is not only good, but the foods are all functional. A "functional food" provides

5. Miscellaneous :

Pie Crusts: use unsaturated oils instead of butter or solid fats.

Desserts: Top with fat-free frozen yogurt

White and sweet potatoes: bake in their skins. Sweet potatoes taste great with applesauce and white potatoes are good with salsa.

Mashed potatoes: season with roasted garlic and herbs (not butter, cream or other fat) . Use low sodium chicken broth or some of the water the potatoes were cooked in.

6. Vegetables:

Steam instead of boiling; avoid cooking at high temps and long cooking times; add vegetables to salads, casseroles, soups and stews to add flavor, nutrients, and bulk

7. Eggs:

Use two egg whites instead of one whole egg; try egg white omelets; substitute whole eggs with low fat egg substitutes such as Egg Beaters.

8. Baked products:

Substitute up to half of the fat with applesauce, mashed bananas, or yogurt. I do a lot of pastry baking and have found that using 1/2 full fat and 1/2 non-fat , or 1/4 full fat and 3/4 non-fat, works well.

Top Low-Mercury, Heart Healthy Fish

The healthy fats in fish provide a huge benefit to your heart and overall health. Even one to two 6 ounce servings of omega-3 rich fish each week reduces your risk of dying from heart disease by 36 percent.

Unfortunately, most fish contain some mercury which is NOT good for our health. To achieve balance in this confusing situation, here are some guidelines:

- **Select Wild Fish:** Farm raised fish contain the chemical PCB which can promote cancer. Farmed salmon are contaminated because their food contains PCBs. Canned salmon is a convenient source of wild salmon.
- **Most fish store the PCBs in their fat:** Remove the skin and the fat beneath the skin before you cook it. Broil, bake or grill fish to let fat drain off.
- **Eat small fish** which spend less time living in a mercury laden environment and which do not eat other fish containing mercury.
- **Eat fish only about 3 times per week**
- **Tuna:** tuna is in the middle of the road in terms of mercury content, depending on the kind you eat. Fresh tuna has the most mercury and canned chunk light tuna has the least. Albacore has a high level of mercury.
- **Fish oil supplements:** will ensure that you get the omega-3 fatty acids you want and need. Make sure to talk to your doctor first because fish oil supplements can be dangerous for certain people (they are blood thinners)



health benefits beyond basic nutrition-- more than just supplying energy and delivering nutrients.

HEALTHY OATMEAL

- 1/4 cup Quick Cooking Oatmeal (such as McCann's Irish Oatmeal) or you can use 1 pack of Quaker Instant, Regular Oatmeal (McCanns has no sodium, Quaker has a little)
- about 3/4 cup water
- 1/8 tsp. cinnamon (or more if you like)
- 1/2-1 tsp. brown sugar
- 1 egg white

Stir well with a fork or whisk. Cook in the microwave for about 1 minute (until it's the desired thickness for you). Add a pinch of brown sugar to the top.

FRUIT DRINK

Combine and mix well with a blender or whisk

- 1/2 cup unsweetened, "red" fruit juices (use one or more, such as POM pomegranate and blueberry unsweetened juice; NAKED Superfood, no sugar added drink; or other "red" juices)
- 1/2 cup Kefir cultured milk smoothie (available at any grocery store; use any flavor)

Good fish choices are:

Ocean Perch,
Flounder,
Catfish,
Freshwater Trout,
Sole,
Tilapia,
Wild Salmon,
Shrimp and other seafood.

Fish to avoid are:

Orange Roughy,
Shark,
Swordfish,
Tilefish,
Tuna: Ahi and Albacore,
King Mackerel.

6 Must-Ask Questions about Medications

When the doctor prescribes a medication for you or someone you love, make sure that you get answers to the following six critical questions. These are all points that doctors should communicate, but unfortunately research shows that they usually explain only about four of them.



1. What is the name of the drug (trade or generic)?
2. Why are you prescribing it for me?
3. What are the potential side effects? Are there any side effects that I should call you about?
4. How much should I take (how many pills, squirts, teaspoons, etc.)
5. How many doses do I need each day and what time should I take them?
6. How long should I take the medication?

Many people do not take their medications correctly which can lead to some serious health problems, such as a hospital stay for side effects, an unintentional overdose, or a relapse of your original condition. In addition, about 50% of people who need to take medications for a long time to manage health conditions stop taking them within 6 months of their last doctor's appointment. Remember, the only good reason to stop taking a medication is if your doctor tells you to. And finally, your pharmacist can be a tremendous help in understanding your medications. Select a pharmacy to use not only based on cost, but on how qualified their pharmacists are and how helpful they are to you when you need them.

To enhance your breakfast

add a few chopped walnuts to the oatmeal and make yourself a cup of decaffeinated green or red (Roibos) tea.

As you can see, the foods not only taste good, but they're all "functional". You get: fiber (oatmeal), protein (egg white), antioxidants (red fruits), probiotic with 10 live cultures for digestive health (Kefir), flavonols (walnuts for heart health), cinnamon to help balance your blood sugar, and it's all low fat and low sodium. Totally, the meal is about 250 calories. You are helping yourself lose weight by making sure that you eat a filling, healthy breakfast, and reducing your risk for diabetes, heart disease, obesity, cancer, and osteoporosis. Next time you plan a meal, think in terms of filling yourself up with nutrients and power foods.

Important Information You Should Know



Helping Teens Give Up Sugary Soda Beverages:

An experiment was conducted by Children's Hospital in Boston to see if they could get a group of teens to drink healthier alternatives to sugary soda beverages (SSBs). The teens were asked to stop drinking SSBs for 25 weeks;

during that time they received weekly home deliveries of nonsweetened drinks of their choice including water and diet beverages. Results showed that kids will drink healthier alternatives to SSBs if parents banish them from their home pantries. Consumption of high calorie drinks decreased 82% and the teens who were the most overweight at the beginning had the most dramatic reduction in their percentage of body fat.

Feta Cheese a Healthy Alternative:

Consumers are flocking to eat feta because they have discovered that feta cheese contains about 1/3 less fat than other types of cheeses. Store feta in the refrigerator for up to a week. Keep the cheese in its brine and wash the brine off the cheese just prior to eating it.

Vegetables Keep Your Mind Sharp:

Recent research has found that people who eat more than two vegetable servings a day have about 40% less mental decline than people who eat fewer servings or no veggies each day. Eating fruit did not show similar benefits. To keep your mind sharp, get more veggies into your diet.

Red Meat Intake and Breast Cancer Risk:

Eating red meat may increase a premenopausal woman's risk of getting breast cancer. A November, 2006 study, reported in the *Archives of Internal Medicine*, found that red meat consumption was linked to the most common type of breast cancer in younger women- the type fueled by the hormones estrogen and progesterone. To reduce your risk of breast cancer, eat red meat less often and in smaller quantities.

"Wellness is a process- a developing awareness that there is no end point, but that health and happiness are possible in each moment, here and now"
(Travis and Ryan, The Wellness Workbook)

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