



# Newsletter

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## WOW

### (Workout of the Week)

This weeks WOW is on **Saturday, February 12th** at 1 pm at Healthy Lifestyles. Certified Personal Trainer Brandon Hunter will be there to talk about getting started with good nutrition and hold a question and answer session. Getting and staying fit is a combination of exercising and eating healthy. Please come with all your nutrition questions!

#### Recipe for the Week:

Breakfast is very important and studies show eating breakfast helps to lose weight.

#### Guiltless Bacon and Eggs:

In a small skillet covered with nonstick cooking spray, scramble 4 egg whites with 2 ounces of grated low fat cheddar cheese and 1 strip of turkey bacon. Nutrition: 196 calories, 6 g fat.

#### Yogurt-Citrus Shake:

Mix 1 cup non-fat vanilla yogurt with 1/2 cup fruit, 1/2 cup orange juice, 1 teaspoon flax meal, 2 tablespoons wheat germ and 1/2 cup ice in a blender until smooth. Nutrition: 372 calories, 3 g fat

## Healthy Breakfast Choices for Beating Depression

By Real Age

Four simple rules could turn your breakfast into a cravings crusher, pound shedder, and mood booster.

It's all about timing and balance, according to Dr. Kathleen DesMaisons, author of *Potatoes, Not Prozac*.

### One, Two, Three, Four . . .

Here are DesMaisons's four simple rules for using breakfast to counterbalance the biochemical mechanisms behind sugar cravings, obesity, and depression.

**Do it daily.** Your goal is to make it a daily, automatic habit. The reward? You can kiss late-day low blood sugar and sugary snack cravings goodbye -- perma-

nently.

**Do it sooner rather than later.** For the best results, eat breakfast within an hour or so of waking up -- even if you're *not* hungry. Morning-time low blood sugar produces a brain chemical designed to mask hunger pangs -- but can cause sugar cravings later in the day.

**Make it complex.** We're talking complex carbohydrates here (whole-grain cereals, steel-cut oats, high-fiber fruits, etc.) The fiber keeps blood sugar on an even keel and helps you feel full longer.

### Power it with protein.

Protein slows digestion, helps prevent spikes and dips in blood sugar, and can even give you a dose of depression-fighting tryptophan. DesMaisons recommends that you get a third of your daily protein at breakfast.



Fruit & Maple Oatmeal

## Fruit & Maple Oatmeal from McDonald's

Do you know breakfast is one if not the most important meal of the day. You are breaking the overnight fast. Fuel your body with something full of fiber and nutrients to get your day started off right!

We take warm and delicious 100% natural whole-grain oats and combine them with brown sugar and a touch of cream. Then we get fruity, with diced fresh apples, dried cranberries and two kinds of raisins.

Also available [without brown sugar](#).

Calories for Original Fruit & Oatmeal: 290 per serving with 5g of Fiber

Calories for Fruit & Oatmeal without brown sugar: 260 per serving with 5g of Fiber