

Eat For Health



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www.inspireyourchildren.com

Introduction: Lose weight, and make it a habit

Can you lose weight in just one month?

Yes, you can. With this one-month plan,
you'll lose a minimum of a pound to two pounds a week.

If you have LOTS of weight to lose, you'll lose
slightly more – around three pounds a week.

The big benefit of this plan is that in one month, your new
style of eating will become a habit, and
you'll want to keep on eating healthy food.

This diet is wholesome and healthy – it's not a fad, and it's easy too.

Welcome to your new life: in just a month.

Happy eating for health.

Your Good Health Guide.

Super-Health Tip for the Month



Waterworks: drink lots of water for good health and fitness

Beautiful water! It fills you up, has no calories, and is essential to your health –it makes you look great too, plumping out your skin and helping your eyes to sparkle.

It's important to drink your water, even if you never seem to become thirsty. If you wait until you're thirsty to drink, you may already be dehydrated, and this has an affect on all the systems of your body. Drink a glass of water before each meal, to cut your appetite, and between meals too – you'll find that you stave off hunger. In addition, take a bottle of water with you

wherever you go, because every system in your body depends on water for its health. Water will help you to lose weight, because it has no calories. Water flushes toxins from your system, and gives you beautiful skin. In addition, drinking water before, during and after exercise sessions helps you to stay hydrated and alert. Drinking water can also reduce the chances that you'll get diseases like cancer and heart disease.

Fereydoon Batamanghelidj, M.D. at <http://www.watercure.com/> believes that drinking water is vital to good health:

"... at the molecular level that it is water that regulates all functions of the body including functions of solid matter. 75 per cent of our bodies are composed of water. The brain is 85 per cent water. It is water that energizes and activates the solid matter. If you don't take enough water, some functions of the body will suffer. Dehydration produces system disturbances. When I use the word water cure, I am referring to curing dehydration with water."

Water tips:

1. Drink at least five to eight glasses of water a day. If you're on a protein-rich diet like Atkins, you should drink even more water, because protein breakdown requires water – if you eat a hamburger, the protein breakdown just from that can lead to dehydration.
2. Try drinking water before each meal, this helps you to feel satisfied with less food.

3. Make sure that when you exercise, you take along your bottle of water.

4. Think water's boring? Try dropping a slice of lemon or lime into your glass. Or, drop in a sprig of mint, or a slice of fresh ginger.

Drinking your water when the weather's cooler

It can be hard to drink all those glasses of water when both the weather and the water are cold. So warm your water. Take a thermos of water with a couple of slices of lemon, lime, or orange to work with you. Or microwave a glass of water every couple of hours if you have access to a microwave. You can also drink your fluid as hot soup, preferably a light broth or consommé, unless the soup is a main meal.

Form a water habit: set up reminders

It will take a few weeks for you to develop the habit of drinking water regularly, so for three weeks set up daily "drink water" reminders for yourself.

Diet Tips You Can Use Right Away



Eat your sprouts

A study in the medical journal the Lancet reported that eating vegetables from the cabbage family reduces the risk of lung cancer for people with a certain gene which puts them at greater risk of getting the disease. It's believed that around half the population have this particular gene.

It seems that vegetables such as cabbage, broccoli and sprouts are rich in chemicals called isothiocyanates, which strongly protect against lung cancer, so eat some sprouts today.

Can constant dieting lead to weight gain?

An obsession with weight loss can lead to gaining more weight in the longterm. Diet researchers emphasise that rather than thinking of dieting as a

short-term weight loss goal, we should focus on choices which enhance our overall health. This is particularly true for people who overeat in reaction to stress, using food as a reward.

Experts at Warwick University are studying how brain neurons trigger hunger. It seems that these neurons make you hungry in response to triggers from many different body processes. Researchers at the universities of Edinburgh and Newcastle-upon-Tyne are also carrying out research in this area with a project which will examine if the brain reprograms itself in some way when people become overweight. If this is so, it could explain the yo-yo dieting syndrome.

The food you eat affects your brain

Mood, performance and motivation are all affected by diet. Some researchers believe that a diet which contains a high proportion of fatty foods and fewer fruits and vegetables may be a major cause of depression and aggression; such a diet is common in men.

Foods rich omega-3 fatty acids are good for the brain, because it's through a fat-rich cell membrane that all nerve signals pass.

Want to improve your mood? Take some Vitamin B. If you're feeling stressed, eat some carbohydrate, preferably without protein or fat.

Want to relax? Play some slow music

A new Oxford University study shows that music played at a slow tempo slows down the respiration rate – our breathing. Slow, deep breathing has

been linked to lower blood pressure, and may help the lungs to work more efficiently. It was shown that a person's preference in music was less important than the music's pace, so even if you prefer music with a rapid beat, listening to slow music improves your health. The study's findings are publishing in the medical journal *Heart*.

Other studies have shown that slow music can release stress and improve athletic performance.

If you want to eat when stressed, play some slow music to become calmer without eating.

Snooze to lose: sleep is just as important to your health as food and exercise

The easiest way to lose weight and improve your overall health may be to get enough sleep. Recent studies show that when you get insufficient sleep over a long period of time, it can compromise your immune system.

Researchers at the University of Chicago found that volunteers who slept just four hours a night for a week upset their hormonal and metabolic systems. This meant that although theoretically being active for longer hours burned more calories, the changes in hormone levels lead to increased appetite and increased food consumption.

They concluded that chronic sleep loss hastened the onset of health problems like diabetes, high blood pressure and obesity. Another study showed that getting insufficient sleep can increase your chances of getting a heart attack.

If you've been cutting down on your sleep, the best thing you can do for your health and fitness is to ensure that you get your full eight hours every night.

Too fat? Don't wait for a pill – exercise

A chemical substance called ghrelin occurs naturally in the body and it increases our appetite and hunger – even when we've just eaten. Drug companies are researching ghrelin heavily, hoping for a pill which will regulate the appetite. However, other researchers believe that hoping for a magic-bullet pill which will help people to regulate their appetite is futile, and that the only sure cure for obesity is exercise.

Omega-3: New mothers' diet may reduce daughters' breast cancer risk

A new study in mice has found that mothers who eat fish and other foods rich in omega-3 fatty acids during pregnancy and while nursing may reduce the risk of breast cancer in their daughters. As well as being found in fish, omega-3 fatty acids are also found in canola and flaxseed oils, soybeans and nuts.

The mice were genetically programmed for breast cancer, but feeding them omega-3 foods prevented them getting cancer. Experts believe that this study is relevant to humans, and that new mothers should increase their intake of omega-3 foods.

Make fitness your goal

According to the CEO of MyGoals.com, almost half the goals set on the site relate to health and fitness, so if you're setting healthy goals, you've got plenty of company. Choosing fitness as a primary goal makes sense, because fitness will help you to achieve all your other goals.

Start by imagining what your life could be like if you lost ten kilos: your imagination beats willpower any day.

Imagination beats will power

Perhaps you've heard of the power of affirmations. They are powerful, but they won't work if you don't combine your affirmations with imagining the truth of what you're affirming. Affirmations will help you to achieve any fitness goal you set.

Use visualisations. They work. For example, if you want to go to the gym every day, then see yourself at the gym in your imagination as often as you can, right throughout the day. Imagine that you're enjoying working your body and interacting with everyone else there.

See yourself ten kilos slimmer: see the new clothes you'll be able to buy and wear.

Get Motivated And Succeed

Motivational thought of the month

You can't control what's happening in your life, but you can control what you think and feel about it

Start each day with a plan. Before you get out of bed in the morning, gently imagine everything you wish to do on this day. Picture the day progressing as you wish it to, and also picture yourself dealing with everything that happens with calm serenity. Picture yourself being kind and responsive to everyone you meet, whether you know them or not.

When you get up, leave some time for writing out your plan of action for the day: leave around ten minutes. If it seems impossible that you can find time alone for yourself in the morning, write out your plan the night before. Having a plan eliminates worry, and prevents stress.

On your plan, write out the two or three items that you most want to accomplish today. Your task list can be hundreds of items long, but restrict your task list to the top two or three. Tick each task off as you complete it.

Throughout the day, take a few minutes every hour to re-orient yourself. In these minutes, do some deep breathing exercises, and if you sit at a desk all day, do some gentle stretches. My Daily Yoga at <http://www.mydailyyoga.com> offers easy stretches you can do, even if you're unfamiliar with yoga.

On the hour, when you've completed your stretches, glance at your task list. Close your eyes for a minute, and picture yourself at the beach, or somewhere else in nature. Imagining yourself out in the open air calms you automatically.

When stressful moments occur, deal with them as effectively as you can, but then let them go. Much of the stress that we experience happens because we go over and over the events in our mind. However, it's up to you what you think about. Replace stressful thoughts with images of calm – you can even carry some calm images along with you. Scan some holiday photos and carry them with you in your pocket or purse, or do a Google search online for "calm images".

Meditate. Anyone can meditate – you do it often when you fall into a reverie. Sit upright in a straight-backed chair, with your feet on the floor. Rest your hands in your lap. Close your eyes if you wish, or leave them open. Take three slow, deep breaths. Then let your breathing be as it wants to be, just be aware of your tummy rising and falling, or of the air leaving your nostrils. As your mind latches onto a thought, gently bring it back to your breathing. Sit for five minutes, working up to 20 minutes. If you can't manage five minutes, sit for 20 breaths.

Make meditation a part of your life. Set a regular time for it, perhaps before you have your bath or shower in the evening, or before bed.

Your plan of action for the day, your daily breaks, remembering to breathe – these are all things you have control over. Focus on these things, and let the things that you can't control go.

Motivation and sense: is your dream right for you at this time?

Do you have a dream that's been with you for much of your life? Perhaps it's time to put your dream into practice if you have the time and energy, and if your family commitments allow it at this stage in your life. Budgeting time for your dream is essential, but it's something we rarely think about. If you have the time, you can begin to achieve your dream.

First, talk to people who are living your dream: if you want to be a singer, talk to a professional singer. What is her life like? What does she do every day? What are the challenges of the job. It's important to find out whether your dream will be a good fit for your personality. For example, if you want to become an actress, then you need to be comfortable with rejection, and having people asking you to change the way you look.

Try to work out how much time your dream will take to put into practice. For example, if you've always wanted to be a singer, you'll need to budget time for lessons, coaching and auditions for jobs. If you want to be a novelist, you need to budget time to write. If you want to become an actress, you need to budget time for acting lessons, for acting with local drama groups, and when you're confident, to audition for paying roles.

If you've got the time -- usually an hour or two a day – then go ahead, use the time to work toward your dream.

Feature: Slow and steady fitness: have fun and get active every day

If you know someone who is super-fit, ask them how they do it. You'll find that they build fitness into their day. Perhaps they get up early, and go for a long walk at dawn, or for a swim. Or perhaps they're at the gym as soon as it opens. They've made a habit of their fitness, by building their fitness routine into their day.

It's as simple as that. You too can get the fitness habit.

Have fun while you exercise

Exercise doesn't have to be boring. The more fun you make it for yourself, the more motivated you'll be to continue with your exercise routine.

Walking

http://www.bbc.co.uk/health/healthy_living/fitness/active_walk.shtml

Walking for exercise can be as simple as a walk around the block, or it can be a walking holiday. If you've never been a sporty person, becoming a walker can lead to developing a more active lifestyle. The great thing about walking is that you can do it anywhere, at any age. You don't need any special equipment, and you can listen to music or the radio as you walk, or you can walk with a friend.

Start slowly. Don't aim to walk for an hour on the first day. Walk around the shops, take a ten-minute walk early in the morning.

Here are some tips on how to get the most from your walk:

- * Don't lengthen your stride, because doing so puts you off balance and actually slows you down;
- * Don't lock your knees or elbows: stay loose for healthy circulation as you walk;
- * Wear walking shoes, not running shoes.

Dancing

Dancing is popular because it doesn't seem like exercise – you're too busy having fun to realize that you're doing something great for your health.

There are many different kinds of dance, from salsa to square dancing and line dancing. Many women enjoy belly dancing, because it's exotic and sensual. Check out the dance classes offered in your area: you may find that you've found your favourite form of exercise because it doesn't seem like exercise.

Swimming

The big benefit of swimming is that it's low-impact. If you have weak knees or an injury, swimming is great exercise because the water supports you and takes the stress off your joints. You can swim slowly, or pump up the pace

and get a good aerobic workout. Can't swim? Take lessons. By the time you've finished your lessons, you'll have developed a fitness habit.

Yoga

There are many different kinds of yoga, the most common being hatha yoga, which combines asanas (stretching postures) and pranayama (breathing exercises). Yoga, like t'ai chi, is a form of meditation in motion: you focus solely on your body. This attention leads to relaxation, as your worries and concerns drop away.

Gardening

Gardening is a great way to get and stay fit. But what if you don't have a garden to mulch, a lawn to mow, or fruit trees to prune? Get an allotment. You can plant herbs, vegetables and flowers for your body and soul.

Article: Baby steps to weight loss: Think you can't lose weight? You can!

Another month, another diet. If you've been on so many diets that you feel as if you're always on a diet, and can't maintain weight loss, you may think that diets just don't work for you.

Researchers believe that constant dieting has bad effects on our health, because it means that our bodies start to make do with less food, and also to store the food we eat when we go off the diet as fat. While we're on the diet

we lose both fat and muscle, and when we start to eat again, our body's metabolism has changed, and our body stores fat more easily.

Fortunately, no matter how many quick-fix diets you've been on, you can reset your metabolism, and regain a healthy weight. It all starts with your outlook. Decide that you'll never go on another quick-fix diet again: from now on, you'll make changes which will lead to the results you want, over time.

Make small lifestyle changes

Diets are appealing because we don't mind a little short-term deprivation if we get the result we want; we're happy to diet to fit into a smaller dress size, or a bikini when summer arrives. The key to successful weight loss however is to forget about deprivation, and to focus on practical changes in our lifestyle which lead to gradual weight loss and better fitness and health. If we do this, we won't ever have to go on another diet, but the key is *small* changes.

If you implemented just one small change in your lifestyle each month, over the year that would mean that you'd made 12 changes – each one leading to a healthier you. It's not advisable to try to make more than one change a month, because new behaviours take time to become habits, usually at least 21 days.

What small changes could you make? Think in terms of small, and practical. Don't opt for huge changes, because they're difficult to integrate into your life.

For example, for the first month, you could opt for a healthier lunch. Try cooking a big pot of vegetable soup, and taking a small thermos of soup to work, with a couple of slices of wholemeal bread, and an apple.

A change that isn't a change: try keeping a food log for a month

If you're not sure of what changes you could make in your eating habits, try keeping a log of all the food you eat for the first month. Keep the log in a computer file, or in small notebook. Just write down everything you eat and drink.

Your log might tell you that you don't have breakfast, and that you eat a croissant or muffin for morning tea, along with a chocolate bar, because you're so ravenous. Or that you're eating before you go to bed, or getting up in the early morning hours and eating then.

When you're keeping the log, that is your change for the month, so don't try to make any other changes, just keep the log. The benefit of the log is that it makes you more conscious of what you're eating. It also shows you where you could make tiny changes that you wouldn't even notice, that will have big results over the next year.

Keep your changes a secret

Month by month, keep the changes that you're making a secret. Don't talk about them with family members, friends, or work colleagues. It's easy for us to be influenced, even subconsciously, by the comments of others. If

you've been on many diets, you know that no matter how much they love you, sometimes family and friends seem determined to derail your efforts.

Baby steps tips

- * Make just one change a month

- * Keep a diary or journal

- * Visit a nutritionist if you're not sure how to change your diet

- * Eat at least five servings of fruit and vegetables a day

- * If you have a digital camera, take a weekly snapshot of yourself in the bathroom mirror, so you can see the changes happening

- * Have fun: do at least one fun thing every day.

Article: Make Time For Your Life

I'm busy. I don't have time to get fit and healthy.

If this is you, you can make time in your life to eat well and to exercise regularly. In fact, when you get into the habit of exercise, you'll find that you seem to have more time to do everything else, because you have so much more energy.

Initially, you'll need to do some juggling to get your exercise sessions in. However, since the sessions will be brief, you'll manage it. Once you've got your morning and exercises in, follow through on the rest of our list of "justs".

Just ten minutes

Start by finding ten minutes, morning and evening, in which you can either walk around the block, or walk on a treadmill. Mornings, the best time is just after you get out of bed. Leave your exercise clothes and shoes next to the bed, then get dressed and out the door before you have a chance to think about it – or anyone else has the time to stop you. Set your alarm for half an hour earlier.

In the evening, go for a walk as soon as you've had your supper. Or, take ten minutes from your lunch hour to go for a brisk walk.

Ten minutes (20 minutes over the course of a day) may not sound like much, but they'll make a huge difference in your attitude and sense of well-being.

Just do one fun thing every week, all by yourself

When did you last have fun doing something that was just for you, all by yourself? We can get so caught up in life and in the needs of other people that not only do we forget about our own needs, we don't even know what they are.

Rediscover yourself. Do one thing, ALONE, each week. This could be a walk in the park, a drive in the country, or a movie, as long as you do it alone.

The aim of this you-time every week is to help you to think and to dream, to discover what you really want. Women especially get into the habit of looking after others, and putting others' needs before their own, so you need this time alone to make friends with yourself.

If you can't think of anything to do, make a list of things that you might like to do, or things that you've heard others talk about. Choose one thing for this weekend – and make it a regular date every weekend. You don't need to take an entire day, although you could – an hour or two is fine.

You may feel intense resistance, even fear, of doing something alone. Think about why that might be? Then, just do it. Walk out the door, and spend a couple of hours alone.

Just de-clutter your life

Everything you own, owns you. Everything in your life demands time. You'll be amazed at the difference de-cluttering makes.

Have a garage sale to get rid of everything you haven't worn or used in the past year. Or, sell your clutter on eBay. It's easy to sign up at the site, and to get rid of everything that's no longer needed. As a bonus, you'll pick up some cash as well.

Just write down ten goals for 2006

When was the last time you wrote a wish list? A list of all the things that you would like to have, to be, and to do? Perhaps you've never done it.

Write down a list of 100 wishes. Make them as way-out and ridiculous as you like. Welcome fantasy. In your wish list, finances and other constraints no longer exist. Wish for anything and everything that you please.

Out of your 100 wishes, select ten goals for 2006. Write them out on a 3 x 5 index card, and put them where you will see them every day. On your bedroom mirror is good. You can even stick the card onto your computer monitor.

OK – that's it. That's your list of four "justs". It's a simple list, but an extremely powerful one. Try one or all, and you may just find that you've created the life that you really want.

Reviews: Listen Up! Read and listen for health and fitness

Good books, tapes, audio files and DVDs to get your fitness launched, or to get inspiration when you're flagging.

Each month we'll look at some inspiring and motivational books, CDs, and DVDs which will help you to live a healthier, fitter life.

BOOK: The Paleo Diet: Lose Weight and Get Healthy by Eating the Food You Were Designed to Eat by Loren Cordain

ISBN: 0-471-26755-4

Fad or good ideas? This book discusses a diet which is called the "Paleolithic Diet" referring to the Paleolithic or Stone Age era; it can also be called the "Stone Age Diet", "Cave Man Diet" or the "Hunter-Gatherer Diet".

The Paleolithic Diet suggests that you eliminate these foods from your diet: grains, (which include bread, pasta, and noodles, since they're all made from grains); beans, which include string beans, kidney beans, lentils, peanuts, snow-peas and peas; potatoes; dairy products; sugar; salt.

So what's left? Meat, eggs, fruits, vegetables and nuts. Surprisingly, after a couple of weeks you'll be used to your new way of eating, and will enjoy it.

Tip: if you're tired of your current diet, and still need to lose weight, try the Paleo Diet for a couple of months to shift those last few pounds.

You'll find many Web pages which deal with the Paleo Diet concept, so the Web is a good place to get an overview of what's around.

CDs: Heal Yourself with Medical Hypnosis by Andrew Weil, M.D. & Steven Gurgevich, Ph.D

This two-CD set is available from stores and from the Sounds True site at <http://www.soundstrue.com/>

Andrew Weil is well known for his commonsense attitudes to wellness and a healthy diet, and he's teamed with a media hypnotherapist to give this overview of medical hypnosis, debunking some of the misinformation on hypnosis.

If you've wondered about hypnosis and whether it could help you on your health journey, this CD set is a good place to develop some understanding, and to try hypnosis for yourself.

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AUDIO BOOK: My Big Fat Greek Diet by Nick Yphantides with Mike Yorkey.

Audio Narrator: Nick Yphantides

Dr. Nick's Mediterranean eating plan that helped him lose 267 pounds and keep them off.

From the notes: "As a medical doctor who has personally struggled with his weight, Dr. Nick Yphantides can empathize with the plight of the overweight and offer a proven, medically safe plan for losing weight. In *My Big Fat Greek Diet*, he teaches readers the powerful 7 Pillars of Weight Loss. His program features practical how-tos anyone can apply, whether they need to lose 10 or 300 pounds. Analyzing components of a variety of well-known diets, Dr. Nick assists readers in customizing a weight-loss program that will handle their specific needs and fit their lifestyles."

This audio book is available from <http://audible.com> and has received rave reviews.

Whether you're just interested in losing a few pounds or inches, or are looking for a lifetime diet that's easy to stick to, you'll enjoy listening to Dr Nick and trying his methods.

Food For Health

Food tip for the month

Eat your veggies – they're full of water and goodness

Vegetables are juicy, tasty and crunchy vitamin pills, and they fill you up because they contain lots of water. From FoodFit.com, the vegetables with the highest water content are:

Cucumbers (96 percent water)

Lettuce (95 percent water)

Green peppers (93 percent water)

Cabbage (93 percent water)

Asparagus (92 percent water)

Cauliflower (92 percent water)

Spinach (92 percent water)

Broccoli (91 percent water)

Beets (91 percent water)

You should aim to eat at least five servings of fruit and vegetables a day.

What's a serving? As a visual cue, a serving is the amount you could hold in your cupped hand. It's:

* Half a cup of vegetables, cooked or raw

* One cup of raw leafy vegetables

* Three quarters of a cup of vegetable juice

* A medium apple, banana or orange

* Half a cup of chopped, cooked or canned fruit

* Three quarters of a cup of fruit juice

LET'S EAT! Recipes to relish and enjoy for fun and fitness



Easy-bake sweet potato chips

Four servings.

Ingredients:

- * 3 sweet potatoes, or yams
- * vegetable cooking spray or olive oil
- * seasoning of choice. Try garlic salt, or cumin, or chili flakes (if you like a lot of heat). OR, if you prefer very sweet sweet potatoes, drizzle honey over the top before baking.

1. Preheat your oven to 350 degrees, or medium heat. Peel your sweet potato and slice to taste: as if for chunky potato chips. Oil your roasting pan or non-

stick cookie baking sheet by brushing lightly with olive oil. You can also use an oil spray.

2. Place the chip slices in the roasting pan, and brush with added oil. Sprinkle your seasoning to taste.

3. Bake 20 minutes. Remove from oven and turn the chips. Sprinkle them with your and bake for another ten minutes, or until done to your preferred crispness.

Easy-bake potato chunks

Four servings.

Ingredients:

* 5 large baking potatoes, scrub well

* vegetable cooking spray or three tablespoons of olive oil

* seasoning of choice. Try garlic salt, or cumin, or paprika or chili flakes (if you like a lot of heat).

1. Preheat your oven to a hot 425 degrees. Cut each potato into wedges.

2. Pre-cook the wedges by placing them into the microwave on hot for two minutes. The wedges should be spread onto a plate or bowl in a single layer—don't stack them. You may need to microwave them in batches.

3. Oil a roasting pan with olive oil. Place the precooked chunks onto the pan in a single layer, and brush with more oil. Sprinkle with your chosen seasoning.

4. Roast for 20 minutes, then take from the oven and turn. If they're not done to your chosen crispness, sprinkle with more seasoning and roast them for another five to ten minutes.

Yummy devilled eggs

Four servings.

Ingredients:

4 hard-boiled eggs, peeled

4 ounces plain non-fat plain yogurt

1/2 tablespoon Dijon or grained mustard

1/2 tablespoon curry powder

1/8 teaspoon salt

1/8 tablespoon white pepper

1. Peel the eggs, then slice them in half lengthwise. Remove the yolks and mash them in a bowl with the yoghurt, mustard, curry powder and salt and pepper.
2. For a party, pipe the yolk-mixture into the eight egg halves; for everyday, just pile the mixture onto the eggs.

Healthy Three-Bean Salad

12 servings.

Ingredients:

- * 1 can haricot beans, drained, 16 oz.
- * 1 can green beans, drained, 16 oz.
- * 1 can red kidney beans, drained, 16 oz.
- * 1 cup chopped green bell pepper
- * 2/3 cup chopped green onions

- * 2/3 cup apple juice
- * 1/3 cup cider vinegar
- * 2 teaspoons sugar

- * 1/2 teaspoon pepper
- * 1/4 teaspoon dry mustard
- * 1/4 teaspoon paprika
- * 1/8 teaspoon dried oregano

1. Combine the drained beans, bell pepper and green onions in a large bowl. Toss them together gently so they're well-mixed.

2. Put the apple juice and vinegar into a jar with a lid. Add the salt and pepper and other seasoning and put the lid on the jar. Shake well. Pour the dressing over the bean salad; toss again lightly.

3. Cover the bowl with cling film and refrigerate for at least a couple of hours.

Red Potato Salad

(from <http://www.thatsmyhome.com>)

Eight servings.

- * 2 pounds medium-sized red potatoes - unpeeled

- * 1/3 cup thinly sliced celery

- * 1/3 cup finely chopped onion

* 1/3 cup grated carrot

* 1/3 cup finely chopped green or red bell pepper

* 1/3 cup reduced-fat mayonnaise

* 1/3 cup nonfat sour cream

* 2 tablespoons sweet pickle relish

* 2 tablespoons spicy mustard

* 1/4 teaspoon ground black pepper

1. Scrub the potatoes and cut into quarters. Boil until tender about 10 minutes. or until tender. Rinse with cool water and drain.

2. Place the potatoes in a large bowl. Add the celery, onion, carrot, and green pepper. Toss gently to mix.

3. Combine remaining ingredients in a small bowl, and stir to mix well. Add the dressing to the potato mixture, and toss gently to mix.

4. Cover the salad and chill for at least two hours before serving. Sprinkle with paprika if desired.

Popcorn snacks: flavour them up and enjoy

Popcorn has next to no calories and makes the ideal snack whenever you're feeling hungry and can't wait until the next meal. You can make your popcorn more interesting by flavouring it with a touch of salt, pepper and spices.

If you wish, you can wiz the ingredients for the flavoured salts in a food processor for 30 seconds, or blend them. You can also put the ingredients into a screw-top jar, and shake well, before you sprinkle them over your air-popped or microwave popcorn.

Onion and Dill Salt

- *1/4 cup flaked sea salt
- *2 tsp dried onion flakes
- *2 tsp dried dillweed
- *1/4 tsp garlic powder

Herbs and Salt

- *1/4 cup flaked sea salt
- *1 tsp dried basil leaves
- *1/2 tsp dried tarragon
- *1/2 tsp dried chives
- *1/3 tsp oregano leaves

Sesame Salt

*2 tbsp flaked sea salt

*1/4 tsp ground turmeric

*2 tbs toasted sesame seeds

Cheese and Salt

*2 tbs grated Parmesan cheese

*1 tsp garlic powder

*1 tsp paprika

*1/2 tsp salt

Hot Chili Popcorn

*1 tsp chilli powder

*1/4 tsp crushed oregano

*1/4 tsp cumin

TeamCasey's Southwest Chicken Soup

Four servings.

* one can fat free chicken broth

* half to one jar of Newman's Own Hot Salsa – or any other salsa you enjoy

* one onion, lightly sautéed in an oil-brushed pan

* pepper and salt to tast

* garlic powder to taste

- * cumin to taste
- * one cubed and browned chicken breast
- * one or more cubed zucchini
- * one or more cubed yellow squash
- * one can pinto beans or any white bean

1. Cube and brown the chicken breast in an oil-brushed pan.
2. Add the chicken broth and all the other ingredients.
3. Cook for half an hour.

The soup can be divided into servings and frozen – just remove from the freezer, microwave and eat. Makes a great fast lunch.

Diet Plan For This Month



28 day food planner and shopping list

Calories and losing weight

The least restrictive way to lose weight is to count calories. You'll find excellent calorie counters at these Web sites:

<http://www.healthyweightforum.org/eng/forum/> and

<http://www.dietclub.com.au/foods/?partner=hwf>

To maintain their current weight, most women need to eat 2000 calories a day; men need 2,500. So to lose weight at a moderate, healthy rate, aim to eat 500 calories fewer each day than you at the moment.

Note: Please visit your doctor before following these food, diet and exercise guidelines.

Week One

Monday

Breakfast: Small bowl of cereal, ½ cup skim milk, 1 small banana.

Light meal: Chicken on a bread roll: 1 bread roll, 1 slice of chicken breast, 1 tomato, lettuce, 1 small apple, 1 can sugar-free lemonade.

Main meal: Rump steak: 1 rump steak, 1 potato baked or microwaved with one tablespoon of light sour cream, steamed broccoli.

Snack: ½ cup milk for tea and coffee, 1 small tub fat-free yoghurt, small orange sliced and sprinkled with sugar substitute.

Today, do some stretches for fifteen minutes while you watch TV.

Alternatively, march on the spot while watching.

Tuesday

Breakfast: 2 crumpets, toasted, with 1 tablespoon honey. 1 small tub low-fat yoghurt.

Light meal: Water-packed tuna and salad on pitta bread – 1 single-serve can of tuna, in a medium size pita pocket, with tomato, lettuce, cucumber, or any other salad vegetable. A handful of grapes to follow.

Main meal: Chicken drumsticks with barbecue sauce: 2 chicken drumsticks, skin removed. Fry in a pan sprayed with oil, with a small onion, and a courgette. Serve over boiled or steamed rice, with two tablespoons of barbecue sauce.

Snack: ½ cup milk for tea and coffee, 1 medium mandarin, air or microwave popped popcorn.

Wednesday

Breakfast: 1 small bowl rolled oats, ½ cup skim milk, ½ punnet strawberries.

Light meal: Cheese and salad on bread roll– 1 slice Swiss cheese, with sliced red onion and mustard on a bread roll with tomato, or any other salad vegetable. A small apple.

Main meal: Fish: 1 slice of lightly crumbed fish (from packet, cooked according to directions), with fresh or frozen corn cob, one glass of white wine.

Snack: ½ cup milk for tea and coffee, ½ melon, 2 kiwi fruit.

Thursday

Breakfast: 2 slices wholemeal sandwich bread, toasted, 2 cooked mushrooms and tomatoes.

Light meal: Bacon omelette: 1 lean rasher bacon, ½ onion chopped, two eggs lightly beaten, ½ cup skim milk, with small bread roll, and lettuce. 1 small apple.

Main meal: Oven-roasted chicken: 1 small chicken breast with skin removed, one egg white, 2 tablespoons of corn-flake crumbs, 1 roasting potato. Dry the chicken breast, dip in egg white, then coat with corn-flake crumbs. Set on a rack with a medium-sized roasting potato and roast.

Snack: ½ cup milk for tea and coffee, 1 small tub fat-free yoghurt, ½ melon.

Friday

Breakfast: Small bowl cereal, with 1 teaspoon honey, ½ punnet strawberries

Light meal: Vegetable chilli taco: 2 taco shells, 1 large tomato chopped, shredded lettuce, chopped green bell pepper, 2 tablespoons sweet chilli sauce.

Main meal: Baked potato, ham, and pineapple: bake large potato, split in half, scoop out, mix potato with 2 slices of ham chopped, and one pineapple ring, chopped. Pile filling mixture into shells. Sprinkle with two tablespoons of low-fat shredded cheese and grill until golden.

Snack: ½ cup milk for tea and coffee, 2 low-fat biscuits.

Today, clean out the fridge and pantry. Toss out all unhealthy food choices, like cream, butter, chocolate, and cakes.

Saturday

Breakfast: 2 toasted crumpets, topped with 2 teaspoons jam. Small tub low-fat yoghurt.

Light meal: Salmon sandwich: 2 slices wholemeal bread; single-serve can of pink salmon, 1 tablespoon capers, 1 small apple.

Main meal: Cheese and spinach tortellini: small serve, topped with fresh tomato sauce. Tomato and lettuce salad. Tub of diet pudding.

Snack: ½ cup milk for tea and coffee, 1 medium mandarin, air or microwave popped popcorn.

Sunday

Breakfast: One small dieters' muffin, small banana, tea or coffee.

Light meal: Burger with lettuce and tomato; one small orange.

Main meal: Slice of chicken pot pie, with steamed peas and carrots. Glass of white wine.

Snack: ½ cup milk for tea and coffee, 1 cup fresh fruit salad, air or microwave popped popcorn.

Shopping list

Pantry items

1 packet low-fat cereal

Honey

1 single-serve can of tuna

Bottle white wine

Taco shells

Chilli sauce (sweet)

Pineapple rings, unsweetened

1 single-serve can of salmon

Jar capers

Small tub diet pudding.

One small dieters' muffin

Grains

2 slices wholemeal sandwich bread

4 bread rolls

Packet crumpets

Pitta bread

Dairy

2 cartons skim milk

1 carton light sour cream

3 small tubs fat-free yoghurt

Packet of Swiss cheese slices

Shredded low-fat cheese

Protein (meat and fish)

1 slice of roll chicken breast

1 rump steak

2 small chicken breasts

Packet frozen crumbed fish slices

2 slices of ham

Chicken pot pie (baked)

Vegetables/ fruit

1 baking potato

6 tomatoes

broccoli

2 lettuce

2 cucumber

1 white onion

1 red onion

1 courgette

1 corn cob

2 mushrooms

1 bell pepper

Packet of frozen peas and carrots

1 banana

3 apples

3 small oranges

Grapes

1 mandarin

1 punnet strawberries

2 kiwi fruit

Week Two

Monday

Breakfast: 2 slices toasted wholemeal bread, small can of baked beans, small banana

Light meal:

Main meal: Fish burger: slice crumbed fish, microwaved. Bread roll. 1 teaspoon tartare sauce. Lettuce salad. Small orange.

Snack: ½ cup milk for tea and coffee, cup of low-calories jelly, 4 rice crackers with 1 teaspoon low-cal jam

Tuesday

Breakfast: Small bowl cereal, with 1 teaspoon honey, ½ punnet strawberries

Light meal: Smoked turkey breast roll: slice turkey breast on bread roll with a tablespoon barbecue sauce. Small pear.

Main meal: Lamb steak: brush small lamb steak with oil, grill. 2 tomatoes, grilled. 1 small microwaved potato, with 1 tablespoon plain yoghurt.

Snack: ½ cup milk for tea and coffee, 1 small banana, 5 rice crackers.

Wednesday

Breakfast: Small bowl cereal, ½ cup milk. 2 apricots.

Light meal: Tuna and salad pitta bread: can single-serve water-packed tuna in medium pitta bread, with tomato and cucumber. 1 apple

Main meal: Fillet steak: 2 slices fillet steak, 1 potato baked or microwaved with one tablespoon of light sour cream, steamed broccoli.

Snack: ½ cup milk for tea and coffee, 1 cup low-cal jelly, handful of grapes

Thursday

Breakfast: 2 crumpets, 1 teaspoon of honey, small banana

Light meal: Egg salad roll: bread roll with chopped hard-boiled egg mixed with 1 teaspoon mayonnaise, chopped lettuce. 1 apple.

Main meal: Pasta, chicken, mushrooms: Small serve pasta, with small chicken breast (skinned), topped with mushrooms cooked in oil-brushed pan.

Low-cal jelly.

Snack: ½ cup milk for tea and coffee, small ice-cream.

Friday

Breakfast: Small bowl oatmeal, half cup skim milk, ½ punnet strawberries

Light meal: Ham sandwich with tomato on 2 slices wholemeal bread with cup of low-cal soup. 2 apricots

Main meal: Chicken drumsticks with barbecue sauce: 2 chicken drumsticks, skin removed. Fry in a pan sprayed with oil, with a small onion, and a courgette. Serve over boiled or steamed rice, with two tablespoons of barbecue sauce.

Snack: ½ cup milk for tea and coffee, 2 low-cal biscuits.

Saturday

Breakfast: Small bowl cereal, ½ cup milk. Small banana.

Light meal: Grilled cheese sandwich with 2 slices of Swiss cheese. Salad. 1 large kiwi fruit.

Main meal: Large bowl TeamCasey's Chicken soup (see recipes), bowl of canned soup; 1 slice wholemeal toast. Salad of lettuce and tomato. 1 orange.

Snack: ½ cup milk for tea and coffee, 1 tub low-fat yoghurt.

Sunday

Breakfast: 2 thin pancakes (made with pancake mix and skim milk), small banana, 1 teaspoon honey.

Light meal: Water-packed tuna and salad on pitta bread – 1 single-serve can of tuna, in a medium size pita pocket, with tomato, lettuce, cucumber, or any other salad vegetable. A handful of grapes to follow.

Main meal: 2 vegetarian franks, small tin baked beans, with one slice wholemeal toast. Salad. 1 medium peach.

Snack: ½ cup milk for tea and coffee, 1 apple, 2 rice cakes with low-cal jam.

Shopping list

Pantry items

Tartare sauce

1 small can baked beans

Packet cereal

Honey

Barbecue sauce

2 can single-serve water-packed tuna

Packet low-cal jelly

1 egg

1 packet low-cal soup

Oil spray

Packet low-cal biscuits

Packet pancake mix

Rice cakes

Low-cal jam

Grains

Packet rice crackers

6 slices wholemeal bread

2 bread rolls

2 medium pitta bread pockets

Packet crumpets

Pasta

Rice

Small tin baked beans

Dairy

2 cartons skim milk

Jar of plain yoghurt

1 small jar light sour cream

Swiss cheese

2 small tubs low-fat yoghurt

Protein (meat and fish)

Smoked turkey breast roll

1 lamb steak

1 small fillet steak

Slice crumbed fish (frozen)

1 small breast chicken

2 chicken drumsticks

Vegetarian franks

Vegetables/ Fruit

Lettuce

5 tomatoes

2 potatoes

2 cucumber

broccoli

mushrooms

1 onion

1 courgette

1 oranges

4 small bananas

1 punnet strawberries

1 pear

2 bananas

4 apricots

3 apples

Grapes

1 large kiwi fruit

1 medium peach

Week Three

Monday

Breakfast: 2 slices fruit bread, toasted. Small banana.

Light meal: Vegetarian burger with lettuce and tomato; one small orange.

Main meal: Pork and peanuts: 1 small pork steak, grilled, 1 tablespoon of prepared satay sauce, on a bread roll with tomato and lettuce. Scoop of diet ice cream with ½ banana.

Snack: ½ cup milk for tea and coffee, 2 rice cakes.

Tuesday

Breakfast: Small bowl cereal with half cup skim milk. 2 apricots, dried.

Light meal: Corn and cheese potato: 1 large potato, 1 small can of creamed corn, tablespoon of low-fat shredded cheese. Microwave potato, scoop out centre, mix with corn. Refill potato shell, sprinkle with cheese, grill. Handful of raisins.

Main meal: One serving of frozen dieters' beef teriyaki, steamed rice, steamed broccoli. Small can of drained lychees.

Snack: ½ cup milk for tea and coffee, 1 tub low-fat yoghurt, 1 apple.

Wednesday

Breakfast: 2 crumpets toasted, with 1 tablespoon low-cal jam.

Light meal: Smoked beef on roll: 2 thick slices smoked beef on bread roll with lettuce and tomato. 1 small orange.

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Main meal: 2-egg cheese omelette, with peas. Make omelette with 2 tablespoons of low-fat shredded cheese. Steam fresh peas. ½ sliced melon.

Snack: ½ cup milk for tea and coffee, 2 scoops low-fat diet ice-cream.

Thursday

Breakfast: Small muffin.

Light meal: Fish burger: slice crumbed fish, microwaved. Bread roll. 1 teaspoon tartare sauce. Lettuce salad. Small orange.

Main meal: Cheese and spinach tortellini: small serve, topped with fresh tomato sauce. Tomato and lettuce salad. Tub of diet pudding.

Snack: ½ cup milk for tea and coffee, 1 small tub yoghurt

Friday

Breakfast: 2 slices wholemeal bread with mushrooms and tomato.

Light meal: Fetta cheese with salad. Large salad with lettuce, tomato, cucumber with cubed fetta cheese. One slice bread. Small pear.

Main meal: Pasta, chicken, mushrooms: Small serve pasta, with small chicken breast (skinned), topped with mushrooms cooked in oil-brushed pan. Low-cal jelly.

Snack: ½ cup milk for tea and coffee, handful raisins.

Saturday

Breakfast: 1 slice wholemeal bread, toasted, with one poached egg, tomato.

Light meal: Curried egg on toast: 2 eggs lightly beaten, sprinkle of curry powder, microwaved on 1 piece wholemeal toast, with salad. Three dates.

Main meal: Takeaway hamburger, with salad. Fresh fruit salad.

Snack: ½ cup milk for tea and coffee, small muffin.

Sunday

Breakfast: 1 thin slice brioche, ½ punnet strawberries.

Light meal: Green salad with 2 slices ham, 2 tablespoons cranberry sauce, 1 slice wholemeal bread.

Main meal: Roast lamb with mint sauce: 2 slices of roast lamb (no fat), with mint sauce. Baked potato with 1 tablespoon light sour cream. Peas. Small banana, sprinkled with brown sugar and grilled.

Snack: ½ cup milk for tea and coffee, 1 small tub yoghurt.

Shopping list

Pantry items

Dried apricots

Raisins

Dates

Pasta

Jar peanut butter

Bottle satay sauce

Small can of creamed corn

Rice

Small can lychees

2 eggs

Tartare sauce

Cranberry sauce

Mint sauce

Grains

2 slices fruit bread

4 slices wholemeal bread

4 bread rolls

2 small muffins

Dairy

2 cartons skim milk

Jar of plain yoghurt

Light sour cream

Dieters' low-fat ice cream

Packet low-fat shredded cheese

2 small tubs low-fat yoghurt

Tub of diet pudding

Small serve cheese and spinach tortellini

Protein (meat and fish)

Vegetarian burger

1 packet diet beef teriyaki (frozen)

2 slices smoked beef

1 small pork steak

Small chicken breast

Crumbed fish, frozen.

2 slices ham

2 slices roast lamb

Vegetables/ Fruit

2 x Lettuce

6 tomatoes

1 large potato

Broccoli

Fresh peas

Bottle of fresh light chunky tomato sauce

1 cucumber

Mushrooms

3 small bananas

Punnet strawberries

3 small oranges

1 apple

1 melon

1 pear

Week Four

Monday

Breakfast: Small bowl cereal, with 1 teaspoon honey, ½ punnet strawberries

Light meal: Smoked turkey breast roll: slice turkey breast on bread roll with a tablespoon barbecue sauce. Small pear.

Main meal: Lamb steak: brush small lamb steak with oil, grill. 2 tomatoes, grilled. 1 small microwaved potato, with 1 tablespoon plain yoghurt.

Snack: ½ cup milk for tea and coffee, 1 small banana, 5 rice crackers.

Tuesday

Breakfast: 2 crumpets, toasted, with 1 tablespoon honey. 1 small tub low-fat yoghurt.

Light meal: Water-packed tuna and salad on pitta bread – 1 single-serve can of tuna, in a medium size pita pocket, with tomato, lettuce, cucumber, or any other salad vegetable. A handful of grapes to follow.

Main meal: Chicken drumsticks with barbecue sauce: 2 chicken drumsticks, skin removed. Fry in a pan sprayed with oil, with a small onion, and a courgette. Serve over boiled or steamed rice, with two tablespoons of barbecue sauce.

Snack: ½ cup milk for tea and coffee, 1 medium mandarin, air or microwave popped popcorn.

Wednesday

Breakfast: 2 slices toasted wholemeal bread, small can of baked beans, small banana

Light meal: Cup of soup, salad. Small pear, and grapes.

Main meal: Fish burger: slice crumbed fish, microwaved. Bread roll. 1 teaspoon tartare sauce. Lettuce salad. Small orange.

Snack: ½ cup milk for tea and coffee, cup of low-calories jelly, 4 rice crackers with 1 teaspoon low-cal jam

Thursday

Breakfast: Small muffin. Glass of unsweetened orange juice.

Light meal: Peanut butter and raisin sandwich – one tablespoon peanut butter, 1 tablespoon raisins on wholemeal bread. Small banana.

Main meal: Tacos. Dry-fry 100g mince with one onion. Load onto 2 tacos with lettuce, tomato, chilli sauce. One orange.

Snack: ½ cup milk for tea and coffee, tub of low-fat yoghurt. Handful of grapes.

Friday

Breakfast: 2 crumpets toasted, with 1 tablespoon low-cal jam.

Light meal: Smoked beef on roll: 2 thick slices smoked beef on bread roll with lettuce and tomato. 1 small orange.

Main meal: 2-egg cheese omelette, with peas. Make omelette with 2 tablespoons of low-fat shredded cheese. Steam fresh peas. ½ sliced melon.

Snack: ½ cup milk for tea and coffee, 2 scoops low-fat diet ice-cream.

Saturday

Breakfast: 2 slices fruit bread, with 1 tablespoon low-cal jam, topped with shredded apple.

Light meal: Curried tuna sandwich. Single-serve water-packed tuna sprinkled with curry powder on 2 slices wholemeal bread. Grapes.

Main meal: One slice takeaway pizza. Salad with lettuce, and assorted greens. 1 orange.

Snack: ½ cup milk for tea and coffee, ½ sliced melon. 5 dates.

Sunday

Breakfast: 2 pancakes, handful of raspberries.

Light meal: Beans on toast. Small tin baked beans on 2 slices wholemeal toast, with mushrooms. Apple.

Main meal: Salmon with dill. 200g salmon steak, grilled. 2 small new potatoes steamed, sprinkled with dill. 2 scoops diet ice cream.

Snack: ½ cup milk for tea and coffee, 1 apple, 10 small rice crackers.

Shopping list

Pantry items

Packet cereal

Honey

Barbecue sauce

2 single-serve tin water-packed tuna

2 small tins baked beans

1 small tin dieters' soup

Tartare sauce

Orange juice, unsweetened

Peanut butter

Raisins

Dates

Pancake mix

2 eggs

Grains

3 bread rolls

8 slices wholemeal bread

Crumpets

Medium pitta pockets

Rice crackers

Low-cal jam

1 small muffin

Tacos

2 slices fruit bread

Dairy

Plain yoghurt

2 tubs low-fat yoghurt

Low-fat shredded cheese

Diet ice cream

Protein (meat and fish)

Smoked turkey breast

Small lamb steak

2 chicken drumsticks

Fish burger

2 slices smoked beef

200g fresh salmon

Vegetables/ Fruit

2 tomatoes

1 potato

Lettuce

Cucumber

Onion

Courgette

Peas

Fresh dill

2 small new potatoes

1 banana

2 apples

Punnet strawberries

2 small pears

Grapes

3 small oranges

Melon

Raspberries

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