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Choice and Living Your Intentions



A powerful concept to help you live your intentions of maintaining a healthy lifestyle is the concept of **choice**. Every day you have the power to make choices that will impact the type of day you will have, the food you will eat, the activities you will participate in, the people you spend time with, and so on.

If we aren't careful, our thinking may convince us that we don't have any choices. Remember, an "all or nothing" mindset or other thinking traps can often get in the way of making the right choices. Therefore, we may need to adjust our thinking so we can perceive a situation differently and make a choice **based on our intentions of living a more healthy lifestyle**.

This edition contains some helpful tips to help you make different choices for 2011. We hope you **choose** to read on and apply one or two of these techniques.

Choose Wisely at Fast Food and More Formal Restaurants

Tip #1 – Research the Nutritional Information

Many restaurants, including fast food restaurants, are promoting healthier items but it is still important to do your research. Crafty food marketers wow us with words like “natural” and “multigrain” that pull us in, but make sure you look closer. Most fast food restaurants now have all their nutritional information on-line.

For instance, Wendy’s is promoting “natural-cut” fries made with healthier sea salt. The reality is that they are still French fries, fried in oil and sea salt is still salt having no additional health benefits. It’s just a marketing ploy to make you feel as if you’ve made a better choice when in reality you haven’t. The nutrition information in comparison:

Natural Cut with Sea Salt (medium)

Calories	420
Fat	20 grams
Sodium	500 mg
Carbohydrates	54 grams
Protein	5 grams

Original Fries (medium)

Calories	410
Fat	19 grams
Sodium	350 mg
Carbohydrates	56 grams
Protein	4 grams

Source: <http://www.wendys.com/food/pdf/us/nutrition.pdf>

Selecting a baked potato with reduced fat sour cream and chives provides 320 calories, 4 grams of fat and only 50 mg of sodium and is a much healthier source of potassium than the fried option. If the new fries are a must, stick with the value size for just 220 calories, 11 grams of fat and 270 mg of sodium.

Tip #2 – Swap to a healthier choice

David Zinczenko has written a series of **Eat This, Not That** books that suggest swapping to lower calorie/fat foods. Look at this example!

Eat This

Denny’s Veggie-Cheese Omelet

500 calories
37 g fat (12 g saturated, 0 g trans)
940 mg sodium

Not That!

Denny’s Grand Slamwich

1,320 calories
90 g fat (42 g saturated, 1 g trans)
3,070 mg sodium

Tip #3 – Have a “Dining Out” strategy

- Take your time surveying the selections. Look for "heart-healthy" or "light" selections. Or, if there's a senior section on the menu, opt for the smaller portions offered there.
- Be assertive. Ask your server questions to clarify how things are prepared. You're the customer, so don't be shy about making special requests or substitutions -- just keep them reasonable. For instance, ask for fruit or tomato slices instead of hash browns at breakfast; or ask for a menu item to be baked or grilled instead of breaded and fried.
- Order first so you're not influenced by others in your party.
- Consider ordering a la carte. It may cost more, but it can sometimes give you better food options.
- Drink a glass of water before your meal arrives.
- Choose an appetizer as a main dish and accompany it with a salad or broth-based soup (not a cream-based soup) that's full of beans or vegetables, such as minestrone or gazpacho. Make sure the appetizer is not deep-fried.
- If others are eating appetizers before the meal, order a small salad or a cup of broth-based soup.
- Ask the server to remove foods that are tempting, such as a basket of chips or bread and butter.
- Share an entree.
- Ask for the vegetable of the day to replace higher-calorie items that come with your meal. Have the vegetable steamed or otherwise prepared without fat.
- Don't join the clean plate club. It's all right to leave food on your plate. No one likes to be wasteful, but it's better to leave it on your plate than put it on your waistline.
- Take half home. To avoid temptation, ask your server to put half your meal into a box before bringing it to the table so you won't eat more than you plan. (However, if you won't have access to refrigeration within two hours, leave the leftovers behind.)

Source: USDA Diet Strategies For Dining Out, Gayle S. Alleman

Choose to Practice Mindful Eating

Behavior: Distracted Eating Adds More to Waistlines

By Nicholas Bakala (New York Times, January 3, 2011)

Catching up with e-mail while you eat lunch? Watching television? You may end the day eating more than you think.

Researchers had 22 volunteers eat a meal while playing computer solitaire and 22 others eat the same meal in the same amount of time while undistracted. They told the subjects it was a test of the effect of food on memory, but actually they were testing how full people felt after a meal, how much they ate at a “taste test” 30 minutes later, and how successfully they could recall exactly what they ate. (The results are online in *The American Journal of Clinical Nutrition*.)



Not only were distracted eaters worse at remembering what they had eaten, but they felt significantly less full just after lunch, even after the researchers controlled for height and weight. And at the taste-test session a half-hour later, they ate about twice as many cookies as those who had lunch without playing games.

“If you can avoid eating in front of a computer screen or any other activity that distracts you, that might temper the tendency to snack later in the day,” said Jeffrey M. Brunstrom, the senior author.

Dr. Brunstrom, a researcher in behavioral nutrition at the University of Bristol in England, said the problem lay in recalling what one has eaten. “Memory plays an important role in the regulation of food intake,” he said, “and distractions during eating disrupt that.”

The **Wise-About-Weight** program recommends that you practice mindful eating and take the time to savor your meals. Experience each flavor by slowing down your eating and making sure you actually create a place to sit and enjoy your food.

Choose physical activities you enjoy and activities that fit your lifestyle.

It is so important that we keep physically active to ensure we are maintaining a healthy lifestyle, but you won't make it part of your life if you don't choose activities you enjoy and activities that fit your life.

Many people think of joining a gym, but what if you don't like exercising in front of others or you travel for your job and can't get to the gym? Here are some ideas to help you choose what is right for you.

- Enjoy groups – gyms, health clubs, community colleges, local community programs, and Y's offer a variety of classes like water aerobics, spinning, Zumba, and others.
- Like games – Wii Fit, EA Sports Active, and other gaming programs can offer you competition with yourself or others while you exercise.
- Need to work out anytime – you can get exercise DVDs and videos from your local library, rental store, or on-line. In addition, many cable providers like Comcast offer Exercise TV that have workouts you can access anytime.
- Travel – many of the Smartphone and iPhones offer a variety of fitness applications that can turn them into your own personal trainer.
- Want variety – Wise-About-Weight's partner designmyworkout.com can design a workout tailored to you and you can print out a new workout plan each time.
- Need more accountability – the ultimate gift you may want to give yourself is a personal trainer.

Choose to make a choice!

"Your life is the sum result of all the choices you make, both consciously and unconsciously. If you can control the process of choosing, you can take control of all aspects of your life. You can find the freedom that comes from being in charge of yourself."

Robert F. Bennett

There's "buzz" about Wise-About-Weight in Washington, DC

Wise-About-Weight's **Justine Moore** hosted a dinner at Nando Peri Peri's to preview the program and teach attendees about healthy eating and maintaining lifestyle changes. Jade Floyd posted her favorable comments on dcthisweek.blogspot.com and encouraged people to stop by the Results Gym at their three DC locations for more information.



Capital Cooking with Lauren DeSantis also blogged about the Wise-About-Weight program in December. The buzz is all good and it's bringing more people to the program.

A new class starts at Results Gym on January 29th. Call 1-800-608-1202 for information.

Upcoming Pittsburgh Classes

Start Date	Location	Classes Meet On:
Saturday, February 19	St. Clair Hospital	Thursday evenings starting February 24

NEW!! - On-line Support Classes

Wise-About-Weight piloted an on-line support class on January 19th. It was a great success! Participants felt it provided valuable information and was easy to use. In addition, participants felt that they were able to share easily during the class and get support from each other. The cost of on-line support is \$10 for the 1-hour class. The next class is scheduled for February 2 from 6:30 – 7:30 pm EST. If you are interested in trying this type of support, email Char Kinder to request more information at:

char@discoveryworks.biz

Check out our web site <http://wise-about-weight.com>

Contact Information: 412-401-1258 or 800-608-1202 phone;

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