



KM Nutrition SideDish

June 2008 E-Newsletter

Welcome the June – Summer Kickoff Issue of my newsletter! I love summer with the **w**arm air and **w**ater fun! Just don't let that other **W** (weight worries) keep you from enjoying the fun. This month I hope to bring you more easy ideas to manage weight, prevent diabetes and feel great! Even though I try to practice what preach - know that I am right there with you in the struggle to live a healthy lifestyle. Summer can sometimes be difficult with cookouts, vacations, games and other events but hopefully it is easier to balance those extra calories out with some extra activity as well. Have a great month of June!

In this Issue:

- Beware of Summer Beverage Weight Gain
- Trying to Spot Reduce for Slimmer Summer?
- Recipes

Beware of Summer Beverage Weight Gain

Remember that every 20oz bottle of **soda** is 250 calories. **Sports drinks** generally have less sugar and calories than soda. A 20oz Powerade has 160 calories and 41 grams carbohydrate. A 20oz Gatorade has 125 calories and 32 grams carb. Their light versions have about 60 calories and 16 grams carb. **Iced tea** can be zero calories for unsweetened or if sweetened will be equal to soda in calories. An 11-oz bottle of Starbucks **iced coffee** has 100 calories. Most **energy drinks** are about 200-250 calories and 50-70 gms carb for 16oz. **Smoothies** can be very healthy because you can put a lot of nutrition in with fruit, yogurt, milk, and juice. But be careful of portions because they tend to be high calorie. Fruit smoothies range from 115-250 calories and 29-47 grams carb for a 12 oz serving. Drinking **alcohol** is, as we all know, only smart in moderation anyway but many are not aware of the high calorie content of alcohol. Your average 12oz beer has 140 calories, light beer has 110 calories, a 6 ounce glass of wine has 135 calories, Mikes Hard Lemonade 11oz - 240 calories, wine coolers are about 230 calories, a Daiquiri averages 140 calories, Pina Colada averages 325 calories, Margarita about 160 calories, and a Martini 210 calories. Every shot of 80 proof alcohol has 100 calories. Be sure to get enough **water**, especially when you are out in the heat. By the time you realize you are thirsty you are already getting dehydrated. If you plan on drinking many calories be sure to do extra activity to burn it off. Just realize that every 20oz bottle of soda will require an extra 30 minutes of walking to burn off.

Trying to Spot Reduce for Slimmer Summer?

Do sit-ups really work to shrink the belly area? Well, I am sorry to say no they do not. Doing ab crunches does tone the muscles but does not burn fat. To burn belly fat, we need aerobic exercise that elevates the heart rate. The best combination is a healthy diet, aerobic exercise and strength training – all combined. The healthy eating will prevent further excess fat accumulation, the aerobic exercise burns fat and the strength training builds muscle, which burns more calories.

Strength training the core muscles does often get ignored though. Our abs, chest and back muscles stabilize the rest of our body and you can use inexpensive equipment to do these exercises. Free weights, exercise tubing or bands, and stability balls are few ideas. If you are looking for more info on what and how to do these exercises contact a certified personal trainer or email me.

Recipes

Fruit Smoothie:

2 cups lowfat yogurt, 6 oz frozen fruit juice concentrate, thawed, and 1 cup fresh or frozen fruit

Put all ingredients in blender. Cover and blend on high about 30 seconds or until smooth.

Makes 4 servings. 220 calories per serving, 45 gms carbohydrate, 3 gms fat, 6gms protein

Fruit Crisp

4 cups cut up fruit (I have made this with apples and rhubarb and it is great!)

1 Tablespoon flour

1/3 cup sugar

1 tsp cinnamon

1/8 tsp salt

Mix these ingredients and pour into greased 8" square pan.

¾ cup oatmeal

¾ cup flour

¾ cup brown sugar

½ tsp baking soda

½ tsp baking powder

½ cup melted butter (I sometimes cut this down to 6 Tablespoons)

Mix these ingredients and crumble over fruit mixture.

Pour about ¼ cup water over all and bake at 350 for 20-30 minutes.

Easy Picnic Salad

12 oz package garden spiral noodles

1 ½ cups cucumbers diced large

1 cup black olives pitted

1 ½ cup Roma tomatoes diced large

8 oz chicken breast cooked and diced large

¼ cup fresh basil chopped (or add dried basil to taste preference)

1-2 cups Italian dressing (add the amount you like; I try to use the lesser amount because of high sodium content)

1/3 cup Parmesan cheese grated

Pepper to taste

Cook pasta to “al dente” and drain. Rinse to cool. Toss pasta with remaining ingredients in large bowl. Chill and serve.

For more nutrition, diabetes and exercise tips check out my blog.