

## YOUR GAMEPLAN TO LIVE

### ARE YOU A MINDLESS EATER?

Are you one of those take a bite here, take a bite there people? Do you sit in front of the TV with a bag of your favorite snack munching to your heart's content? Do you stand at the sink and eat? Do you eat in the car on a regular basis? Depending on your habits (how much, what it is, and how often) these seemingly harmless habits could be sabotaging your weight loss goals.



**This is mindless eating. What can we do about it?**

**Keep a food diary.** Start by listing all the foods you eat all day long for 1 week. In addition to WHAT you eat, also keep track of HOW MUCH you eat. This will help you to evaluate your eating patterns and portions. As you notice how much, you are noticing your serving sizes.

**Serving size awareness:** Example: Pour your usual bowl of cereal – but instead of pouring right from the box into the bowl, pour your cereal into a measuring cup first. Look at the box. Most likely, a serving is 1 cup. Most bowls hold 2 or 3 cups. Inflated serving sizes might be happening all day without you even noticing. It is not difficult to eat a half bag of chips or pretzels, but if you turn the bag over and look at the servings per bag, you may find that you've consumed 4 or 5 servings, which would be many hundreds of calories! Try actually counting out your serving and/or get yourself a food scale to measure out servings.

**Purchasing smaller packages** of single servings vs buying a big bag of multiple servings can help you reduce the number of calories you consume by up to 25% without even noticing.

**Having large quantities of food on hand increases your likelihood of overeating.** Instead, get in the habit of buying only what is necessary for the week; or keep the stockpiled amounts out of the kitchen and your view.

**Keep healthy foods within easy reach** and junk and high calorie foods out of your sight. Treats that are easily accessible are also easy to eat mindlessly.

**How big are your plates and cups?** Try replacing large plates with smaller ones and use tall thin glasses instead of the wide type, which are deceiving. Smaller plates = smaller portions (visual cue).

**Make your meals an event.** Learn to enjoy preparing your meal or snack. Eat at the table. Take notice of and enjoy your food. Adding extra steps such as these vs. plopping down on the couch with a take-out container or a whole bag of pretzels will



### Everyday Smoothie

#### Ingredients:

- 2 large handfuls any leafy greens (fresh, organic)
- 1 C mixed berries (organic frozen)
- 1 C your favorite frozen fruit (pineapple, mango, melon, etc.)
- 1/2 C veggies on hand (squash, peas, carrots, beets, etc.)
- 2 inches fresh ginger root peeled
- 1 tsp. liquid high potency fish oil
- 1/4-1/2 avocado
- 1 C green tea
- 1 C almond, coconut, or cashew milk (or whatever you like)
- 1 serving of your favorite protein (organic and plant-based recommended)

#### Directions:

Blend. If you prefer, use water or more green tea in place of milk. If adding juice, your calories will go up significantly. Add additional water if too thick. Experiment with what you like best. Makes one very large serving or 2 smaller servings.

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allow you to turn a mindless eating behavior into a conscious choice.

**Slow down!** Eat more slowly and enjoy your meal. Eating too fast = eating too much.

**Are you actually hungry?** Rely on how you feel inside (internal cues) vs. external cues such as seeing food on TV, looking in your pantry for something – anything - that looks tasty, just wanting something to munch on while you watch TV or read, etc.

**High-volume foods help you feel full and decrease food intake at the next meal or snack.** These include nutrient-dense foods including vegetables, fruit, eggs, oats, quinoa, fish, lean meats, soups, Greek yogurt, legumes, nuts, healthy fats such as avocado.

**Food logging** – this is worth mentioning again! Write down or enter into an app what you eat! There are lots of apps for your phone out there. Fitness Pal is one that we've used and liked. Being aware of what you eat means you are NOT mindlessly eating!

## OUTDOOR WORKOUTS THAT B-L-A-S-T CALORIES!

**KAYAKING** burns about 340 calories per hour. Kayaking is a great upper body workout because pulling the paddle through the water creates great resistance for your arm muscles. You also must hold your core tight. It's great for the mind, body and soul! There's something about the peacefulness of feeling one with the water, and the views can be breathtaking. But this depends on where you go – if you want a more peaceful experience, you need calm waters and a more exhilarating (and dangerous) experience would be in the rapids.



**HIKING** can burn about 400 calories per hour. Hiking can be great on the lower body because you're climbing uphill, which is great for the glutes and thighs. It's a good cardio workout. Hiking can also be great for the mind, body and soul because it has some of the benefits of camping – being out in nature gives you time to get away from society and reflect. Not to mention the view from the top is rewarding and serene. To find a hike near you, try <https://www.hikingproject.com>.

**CYCLING** can burn 500 to 700 calories per hour, depending on speed and terrain. Cycling is a fantastic cardiovascular workout and builds solid legs and glutes. It burns enough calories to help you lose weight! People who cycle often end up loving it and making it a way of life. It has been described as empowering, energizing, and motivating!

## DANGER – FOOD ALLERGIES

**THIS ARTICLE IS REFERRING TO FOOD ALLERGIES, NOT FOOD INTOLERANCES.**

The occurrence of food allergies in America has been skyrocketing since the late 1990's, rising at a rate of 50% and there is no clear answer as to why. Today, an estimated 26 million Americans have some type of food allergy, but twice that believe that they are allergic to certain foods. This includes approximately one in every 13 children that are affected by this potentially deadly condition, causing them and their families to live in constant fear of having a reaction.

### FOOD ALLERGENS



### Chocolate Cherry Chia Power Smoothie

#### Ingredients:

- 1/2 banana (green tipped) frozen
- 1 C cherries - frozen (organic preferred)
- 1-2 handfuls fresh spinach (organic)
- 4 dates (dried and pitted)
- 2 Tbs. chia seeds
- 2 Tbs. cacao powder
- 1 1/2 C almond, cashew, or coconut milk
- 1/2 C ice
- 1/2-1 serving of your favorite protein powder (recommend organic plant based).

#### Directions:

Blend until smooth. If you really like the taste of bananas, use a ripe one. Use more or less liquid per how you like your smoothie. Makes 1 serving.



### Luscious Chocolate Almond Smoothie

#### Ingredients:

- 4 dates, pitted
- 1/2 banana (frozen just before ripe)
- 2 rounded Tbs. almond butter
- 1 handful spinach (organic)
- 1 Tbs. + 1 tsp. Cacao
- 1/2 tsp. almond extract
- 1 1/2 C almond milk
- 1/2 C ice

#### Directions:

Blend until smooth. Add more ice if too thin. Makes 1 serving.

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A food allergy can begin at any age. You can protect yourself by learning the **symptoms** of allergic reactions and knowing what steps to take if you or someone close to you has a severe reaction.

### What foods cause an allergic reaction?

While more than 170 foods have been reported to cause allergic reactions, the eight most common allergenic foods are listed below. These are also the eight with the most serious reactions. These foods account for 90 percent of food-related allergic reactions, and are the food sources from which many other ingredients are derived.

#### The eight major food allergens are:

1. Milk
2. Eggs
3. Fish (e.g., bass, flounder, cod)
4. Crustacean shellfish (e.g. crab, lobster, shrimp)
5. Tree nuts (e.g., almonds, walnuts, pecans)
6. Peanuts
7. Wheat
8. Soybeans

These eight foods, and any ingredient that contains protein derived from one or more of them, are designated as “major food allergens” by FALCPA.

#### Signs of possible allergic reaction or anaphylaxis:

- Itchy mouth or throat
- Breathing difficulties
- Drop in Blood Pressure
- Swelling of face and/or throat
- Severe abdominal cramping
- Vomiting
- Death

**It is important to note that symptoms of anaphylaxis may recur after initially subsiding**, and experts recommend an observation period of about four hours to monitor that the reaction has been resolved. It is possible to have anaphylaxis without any skin symptoms (no rash or hives).

Strict avoidance of food allergens and early recognition and management of allergic reactions to food are important measures to prevent serious health consequences as even trace amounts of a food allergen can cause a reaction. **Always read labels before eating any food, even if it’s something you have eaten before** since ingredients or manufacturing processes can change. If you have any questions about ingredients, call the manufacturer.

Once an anaphylactic reaction starts, **epinephrine** is the first line of defense to treat the reaction. **You should immediately seek emergency medical attention by calling 911.** Failure to promptly (i.e., within minutes) treat food anaphylaxis with epinephrine is a risk factor for fatalities. Check expiration dates of epinephrine injectors frequently and keep them in an easily accessible location.

<https://www.foodallergy.org/life-with-food-allergies/food-allergy-101/facts-and-statistics>  
<http://www.foodallergy.org/treating-an-allergic-reaction/epinephrine>  
<http://www.foodallergy.org/>



## Spiced Peach & Carrot Anti-Inflammatory Smoothie

#### Ingredients:

- 1 C peaches (organic/frozen) or 1 fresh peach
- 1/2 C pineapple (frozen)
- 1/2 C mango (frozen)
- 1 carrot
- 1/2 banana (frozen just under ripe)
- 1 inch peeled fresh ginger (or 1/2 tsp. ground ginger)
- 1/2 tsp. organic powdered turmeric
- 3/4 tsp. cinnamon
- 2 Tbs. flax (ground)
- 1 tsp. coconut oil
- 1 1/2 C green tea (organic preferred)

#### Directions:

Blend until smooth. Use more green tea if your smoothie is too thick. Makes 1 serving.



## Blueberry-Mint Antioxidant Smoothie

#### Ingredients:

- 2 C blueberries (frozen-organic)
- 1 kiwi
- 1/2 banana (frozen)
- 1 handful any green (spring mix, spinach, kale, chard)
- Fresh mint leaves (3-5)
- 2 Tbsp. hemp hearts or chia seeds
- 1 C blueberry Greek yogurt (optional)
- 1 1/2 C green tea

#### Directions:

Blend until smooth. Use more green tea if your smoothie is too thick. Makes 1 serving.

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## 8 FOODS THAT MAKE YOU AGE FASTER

**EXCESS SUGAR.** When there is excess sugar in the body, it attaches itself to collagen, making the skin look stiff and inflexible. Check food labels; sugar is hidden EVERYWHERE.

**TRANS FATS.** Like sugar, excess trans fats make the skin look stiff and inflexible. Trans fats clog and stiffen the arteries and smaller blood vessels as well. These are usually in spreads like margarine and shortening, cake mixes, ramen noodles, fast food, frozen foods, baked goods...check labels!

**EXCESS SALT.** Salt dehydrates the body. When you are dehydrated, you become fatigued, which makes you look tired and worn out. In addition, excess salt contributes to kidney disease, high blood pressure and interferes with bone metabolism.

**TOO MUCH CAFFEINE.** Coffee and caffeinated products also dehydrate the body, making you look tired and worn out. If you're drinking too much, you probably aren't getting a sufficient amount of sleep.

**ARTIFICIAL SWEETENERS.** Artificial sweeteners such as aspartame are associated with headaches and joint pain and can make you crave sweets. Some have known carcinogens, but newer ones aren't as clear.

**TOO MUCH ALCOHOL.** Alcohol dehydrates your body and causes wrinkles, loss of collagen, redness and puffiness. Moderation is key here. If you follow the correct serving sizes and frequency, alcohol (especially red wine) could have some health benefits. However, if you don't drink, don't start now!

**EMPTY CARBOHYDRATES.** An overconsumption of carbohydrates can damage the collagen and fibers in your skin. Processed white bread is a classic offender. Many foods, though, have carbohydrates that you may not even realize. "Good" carbohydrates can be found in whole grained foods and fruits and vegetables.

**SODA.** Soda is loaded with either sugar or artificial sweeteners, neither of which is good for you. A lot of times the problem here is also dehydration, because soda drinkers tend to fill up on mostly soda and often do not get enough water.



## Everything Green Detox Smoothie

### Ingredients:

- 1 green apple (organic—apples are often high in pesticide residue)
- 1/2 banana
- 1 kiwi
- 1 stalk celery
- 1-2 handfuls organic kale (or spinach if preferred)
- 1/4 lime peeled
- 1 tsp. honey if you like it sweeter
- 1 1/2 C green tea
- 1/2 C ice
- OPTIONAL: FRESH MINT, GINGER, ADDITIONAL GREENS

### Directions:

Blend until smooth. Add more or less liquid and/or ice as needed. \*Mint and ginger are both tasty add-ins!

Makes 1 serving.

At the Gameplan for Living, we know that the future of healthcare is in the *prevention* of illness and injuries.

It is our mission to provide preventative care utilizing sports medicine principles and lifestyle modification training to create an atmosphere of health, safety, and performance to allow employees to enjoy an enhanced quality of life and reach their retirement—and beyond—SUCCESSFULLY!

[www.gameplanforliving.com](http://www.gameplanforliving.com)

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