



HEALTHY BITES

Beamsville Medical Centre Family Health Team



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Spring

Have a question about healthy eating? Eat Right Ontario now has extended hours. Reach a registered dietitian for free at 1-877-510-5102 or visit www.eatrightontario.ca.

Focus on Your Lifestyle

Anyone who has ever successfully lost weight knows how difficult it can be to keep it off. For most people, dropping a few pounds is just a prelude to adding a few back on—sometimes more than they lost in the first place. Repeatedly losing and regaining weight is referred to as yo-yo dieting.

Downfalls of Yo-Yo Dieting

Yo-yo dieting is the result of low calorie diets. Restricting your eating through a low calorie diet slows down your metabolism, which causes your body to become more efficient at storing fat. Low calorie diets also lead to people ignoring their natural hunger cues and feelings of fullness; instead they rely solely on measured portion sizes and diet plans. As a result many people feel deprived which can lead to bingeing, weight gain, and subsequent frustration and lowered self-esteem.

In an effort to lose the regained weight, another diet is attempted, and the yo-yo cycle continues. We do not fail diets- diets fail us. Therefore it is important to take a sensible approach to weight

loss, to break the yo-yo cycle.

How To Lose Weight – and Keep It Off

The overwhelming evidence is that weight loss among the overweight or obese improves various aspects of health such



as risk for diabetes, coronary disease and perhaps cancer. Experts say it is still recommended that overweight and obese people try to lose weight but preferably avoid weight regain.

People who want to lose weight and keep it off should take a sensible approach that combines positive dietary changes with regular exercise. Leading a healthy lifestyle doesn't have to be difficult. By making gradual, simple changes in your eating patterns, as well as increasing your level of physical activity, you can improve your health and well-being.

When it comes to exercise for weight loss and maintenance, 60 minutes of daily aerobic exercise, such as brisk walking, is optimal, but any amount is better than none. Just don't expect the pounds to melt off.

If you are just starting out, slowly increase your level of activity over time, and try out different activities until you find something that you enjoy- from joining a sports team or taking up aerobics at the gym, to taking the dog out for a long walk or dancing around the living room for fun. And remember that it is the total amount of activity you engage in throughout the day that counts- it does not have to occur all at once.

Healthy Weight Loss Tips

- Follow [Eating Well with Canada's Food Guide](#).
- Aim to lose one to two pounds a week- to be successful, weight loss must be gradual.
- Take smaller food portions and use smaller plates- you are less likely to over eat. You can always go for seconds if you are still hungry.
- The next time you are grocery shopping, stock up on healthy snacks such as cut up vegetables and high fiber fruits. If they are available, you are more likely to choose them when you feel the urge.
- Sit down together for a

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More Focus on Your Lifestyle

(Continued from page 1)



Healthy snacks like yogurt and fresh berries can help fill you up so you won't overdo it at meal time.

- family meal, away from the television. Consider a family walk afterwards.
- Eat healthy snacks in-between meals to keep you from becoming too hungry at meal time.
- Fill 1/2 of your plate with vegetables, 1/4 with a lean protein such as a lean meat, and 1/4 of your plate with whole grains such as brown rice, whole grain pasta.
- Choose whole grain foods more often, such



as whole grain bread versus white bread, or oatmeal for breakfast versus highly refined cereals. They are more nutritious, and can keep you feeling full for a longer period of time.

- Speaking of breakfast, make sure that you eat it everyday. Starting your day off with a nutritious breakfast will mean that you are less likely to overeat the rest of the day.
- When shopping for whole grains, check out the ingredient list: whole grain foods will list a whole grain – such as

wheat, oats, corn or rice – as the first ingredient. Look for words "whole" or "whole grain" before the name of the grain.

- Drink water more often, and sugar-laden soft drinks or juice drinks less often- or cut them out all together.



- Focus your energies on making your lifestyle healthier—with good food and regular exercise—and NOT on the numbers on the scale.

From: EatrightOntario.ca

Real Food For Thought



Eating a more colourful variety of vegetables and fruit will keep the calories low and the satiety high.

Do you think that when you change to healthier diet habits you'll just be eating rabbit food?

Wrong! Here are 5 examples that show just how many calories are in the food we choose to eat. It's easy to see how a few small changes can leave us feeling full and satisfied, while still keeping our calories in check.

Example One:

For 200 calories you can choose either:

1. 2 oz. handful of gummi bears; OR
2. A four pound watermelon.



Example Two:

For 980 calories you can choose either:

1. One bacon double cheese-burger; OR
 2. A 6 oz. chicken breast PLUS
- 4 cups of cauliflower
 - 1 baked potato

- 1 teaspoon butter or margarine
- 2 tablespoons bacon bits
- 3 cups green salad
- 3 tablespoons light dressing
- 1 cup of fresh strawberries
- 1/4 cup low fat whipped topping
- 8 oz. cup of skim milk

Example Three:

For 600 calories you can choose either:

More Real Food For Thought

- | | | | |
|---|---|---------------------------------|--|
| 1. Two slices of cheese pizza; or | and low calorie sweetener PLUS | 2. 7 cups of plain popcorn PLUS | |
| 2. 3 cups of chicken noodle soup PLUS | • 2 slices toasted oatmeal bread | • A large glass of water! | |
| • 2 slices toasted oatmeal bread | • 2 slices low fat ham | | |
| • 2 oz. low fat turkey or ham | • 2 tablespoons low fat mayo or mustard | | |
| • 2 tablespoons low fat sandwich spread | • 2 slices of tomato | | |
| • 2 slices of tomato | • 4 slices of dill pickle | | |
| • 2 cups of side salad | • 2 small raspberry biscotti | | |
| • 2 tablespoons light dressing | • 1 apple | | |



Did that get you thinking? Now consider some of the foods you could easily substitute to help reduce your weight. Here's one suggestion, replacing a

large iced cappuccino with a regular coffee each day would cut

your calories enough to lose more than 40 pounds in a year! Definitely a lot of food for thought.



Be sure to get out and enjoy some hiking or other outdoor activity this summer. It's good for the body and the soul!

Example Four:

For 460 calories you can choose either:

1. One large iced cappuccino; OR
2. One grande regular coffee with cream

Example Five:

For 320 calories you can choose either:

1. A 2 oz. bag of po-

From: Hydro One Employee Wellness-Moving to a Healthier You!



BMC Family Health Team Program Updates



Family Therapist

Great news! We have a new family therapist. Katharine Somogyvari is available for appointments on Tuesdays and Fridays. Please book at reception downstairs or give us a call for both Geoff or Katharine.

Pharmacists More great news! We also have a new pharmacist, Beverley Din-

ning. Beverly is available Tuesdays and Thursdays for smoking cessation assistance, med reviews and any other related issues.

Support Staff A great big welcome to our new smiling face at downstairs reception. Diane Walker is one of our AHP Office Assistants. She shares the job with Wenda Veldman. Welcome Aboard Diane! You and

Wenda make a great team.

Dietitian Just a reminder that we have a Dietitian ready to help you with your food and nutrition concerns. Book at reception downstairs or give us a call.

Have a lovely Spring!



BEAMSVILLE MEDICAL
CENTRE FAMILY HEALTH
TEAM

*From Your Allied Health
Professionals*

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Phone: 905-563-8177

Beamsville Medical Centre Family Health Team offers comprehensive and individualized care to its clients. As well as your family doctor the following allied health professionals are available to assist you with any specific health needs. Ask your family physician for a referral or book an appointment directly at reception downstairs.

Diabetes Nurse Educator—Lori Zwier, RN

Dietitian—Janice Daciuk, MS, RD

Family Therapist—Katharine Somogyvari, MSW, RSW, M.Sc.

Nurse Practitioner—Brenda Horton, RN(EC), NP

Pharmacists—Nita Patel, RPh, BScPhm, CGP; Beverley Dinning, B.Sc. (Pharm), R.Ph.

Social Worker—Geoff Harvey, MSW, RSW



Asparagus Braised with Fresh Rosemary and Bay Leaves

Serves 4

From: Vegetable Harvest by Patricia Wells

If you want to bring out the best in asparagus, try braising it. Showered with plenty of fresh, homegrown rosemary and bay leaves, it doesn't need any more embellishment!

16 plump spears (about 2 lbs.)
fresh white or green asparagus

1 tablespoon extra-virgin olive oil

1 teaspoon coarse sea salt

Several sprigs of fresh rosemary

Several bay leaves, preferably fresh

1. Rinse the asparagus and trim the tough ends.
2. In a skillet large enough to hold the asparagus in a single layer, combine the oil, asparagus, salt, rosemary and bay leaves.
3. Sprinkle with several tablespoons of cold water.
4. Cover and cook over high heat just until the oil and water mix-

ture begins to sizzle.

5. Reduce the heat to medium and braise the asparagus, turning from time to time, just until the vegetable begins to brown in spots, 8 to 10 minutes (depending on the thickness of the asparagus).
6. Serve immediately.

Per Serving:

68 calories

4 grams fat

3 grams protein

8 grams carbohydrate



Growing your own herbs
is an economical and
delicious way to perk up
your meals.