

HELP ME I'M HUNGRY!

Q: *I'm reducing my food intake but I'm finding that I'm often hungry throughout the day. I'm afraid to eat more because I don't want to gain weight. What should I do?*

A: One of the biggest mistakes people make trying to lose weight is not eating enough food. The result is that they get so hungry that they give up and return to old eating habits. Because Losing Weight...the healthy weigh is about creating an energy imbalance where you burn more energy than calories you take in, it is important to be in tune with your body and eat according to your feelings of hunger and fullness. Many adults lose their ability to tune into cues that let them know when they are hungry or full. So it's important to relearn how to tell when you're truly hungry and truly full. The goal is to eat in response to the beginning signals of hunger and to stop when you feel comfortably full and satisfied. You can use the scale below to help you to get reconnected with your hunger and fullness cues.

HUNGER AND FULLNESS SCALE		
CATEGORY	RATING	DESCRIPTION
↑ Fullness	10	Stuffed to the point of feeling sick
	9	Very uncomfortably full, loosen belt
	8	Uncomfortably full, feel stuffed
	7	Very full, feel as if you've overeaten
Neutral	6	Comfortably full, satisfied
	5	Comfortable, neither hungry or full
↓ Hunger	4	Beginning signals of hunger
	3	Hungry, ready to eat
	2	Very hungry, unable to concentrate
	1	Starving, irritable, dizzy

FILL UP ON FIBRE

Another key to losing weight the healthy way is to fill up on fibre-containing foods. Foods high in dietary fibre tend to be low in calories and fat and help you feel fuller longer and that's a plus when you're aiming for a healthy body weight. If you're like most adults, you're not getting enough fibre each day. It's estimated that most people need twice as much as they're getting now. You should strive for 25-35g of fibre each day. Fibre can easily fit into your daily intake if you choose the right foods. Fibre is found only in plant foods like whole grain breads and cereals, vegetables and fruit, and beans and lentils. Fibre is often lost by food processing such as removing part of the grain from flour to produce white flour, peeling of skins from vegetables and fruits and by juicing fruits. Cooking and pureeing does not break down fibre.

SUPER HEALTH BREAD

Preheat oven to 350°F (180°C)
9x5 inch (2 L) loaf pan, lightly greased

1/2 cup	boiling water	125 mL
1 cup	raisins	250 mL
1	egg, beaten	
1 cup	lightly packed brown sugar	250 mL
1 cup	buttermilk	250 mL
1 cup	whole wheat flour	250 mL
1 cup	rolled oats	250 mL
1 cup	high fibre bran cereal	250 mL
1/4 cup	wheat germ	50 mL
1 1/2 tsp	baking soda	7 mL
1/2 tsp	salt	2 mL
1 tsp	cinnamon (optional)	4 mL
1 tsp	cloves (optional)	4 mL

This slightly sweet bread, which is loaded with fibre, can be used as a lower-fat alternative to muffins. Serve with fresh fruit and cheese to get your day off to a good start, or enjoy it as a snack on its own.

PER SLICE (1/16 LOAF)	
Calories:	151
Dietary Fibre:	4 g
Fat:	1 g
Carbohydrate:	34 g
Protein:	4 g

1. Pour boiling water over raisins; cool. Stir in egg, sugar and buttermilk.
2. In a medium bowl, combine flour, oats, cereal, wheat germ, baking soda, salt and spices. Stir in egg mixture until thoroughly combined. Pour into nonstick or lightly greased 9x5 inch (2 L) loaf pan. Bake in preheated oven for about 45 minutes or until tester inserted in centre comes out clean. Cool before removing from pan.

If you're finding that you're feeling hungry in the middle of the day or when you're in a rush and don't have time to stop, here are some ideas of quick snacks that are FIBRELICIOUS • low fat bran or oatmeal muffins • low fat whole grain crackers • fresh fruit (apples, pears, bananas, berries) • fresh vegetables (carrots, celery, broccoli, cauliflower) • dried fruit (apricots, raisins, prunes) • fruit cups • almonds and peanuts • hummus and bean dips are great for dipping fresh veggies and whole wheat pita.

REMEMBER: • Add fibre to your diet gradually • Drink plenty of fluids

"Fibre Rap"
[Sing this in the shower every day to keep you regular and your hunger at bay!]
Fibre is cool, Fibre is cute
Fibre's in oat-bran and all kinds of fruit
Fibre is East Coast, Fibre is West
Out on the streets Man, fibre's the best
So eat up yo peas! Eat up yo beans!
Whether you're 80 or still in your teens

BLACK BEAN SALSA

Serves 6
Makes about 6 cups (750 mL)

1	19 oz. (540 mL) can black beans, drained and rinsed	
1 cup	drained canned corn kernels	250 mL
1 cup	diced tomatoes	250 mL
1 tbsp	extra-virgin olive oil	15 mL
2 tbsp	lime juice or cider vinegar	25 mL
2 tbsp	finely chopped fresh cilantro or parsley	25 mL
1/2 tsp	minced garlic	2 mL
1/8 tsp	black pepper	0.5 mL

Eating more meals with beans and corn is one way to increase your intake of fibre and folic acid. Serve this zesty salsa with low fat crackers, pita crisps or as a condiment for any plain grilled or baked meat, fish or chicken.

PER 1/2 CUP (125 ML) SERVING	
Calories:	139
Dietary Fibre:	5 g
Fat:	3 g
Carbohydrate:	24 g
Protein:	7 g

1. Combine all ingredients in a medium bowl and gently toss together.



Q: *I've started to incorporate physical activity into my daily routine and am ready to take the next step. How do I kick it up a notch and keep on going?*

A:
Add variety

Doing the same routine over and over again can become boring. If this occurs consider changing your physical activity routine. Try a new activity, try a different location, or try being active at a different time of the day.

Consider active transportation

Is it possible for you to walk, run or bike to and from work instead of taking the car? Can you take the stairs instead of taking the elevator? Can you go for a walk with a friend that lives near by instead of talking on the phone?

Find places to be active in your community

Check out your local health department's website for a list of local trails, parks, recreation facilities and recreation organizations to help you stay active!

Gradually increase the intensity of your activities.

If you enjoy walking then...

Walk faster

Walk and swing your arms at the same time

Walk up one or two gentle slopes

Walk up steeper slopes

A humorous story to help you in similar situations!

There once was a man who decided to lose weight the healthy way! One of his main problems with eating was that he would stop for donuts every morning on the way to work. So to make things easier for himself, he changed his route to work to avoid the temptation of stopping. As the weeks went by he started losing weight and was receiving support from his friends and co-workers. Then one morning without thinking, he accidentally turned onto the road which would take him by the donut shop. At first he was going to turn around but then he thought to himself, "maybe I am being rewarded for my efforts". So, he said to himself "if I am meant to have a donut today let there be an open parking place directly in front of the shop". And sure enough, on the fifth time around the block there was an open spot right up front.

Try exercising at home if you can't get out, or if the weather is bad.

Come up with an indoor exercise routine. Running on the spot, dancing to music and stretching are a few examples of activities that can be done in your home.

Build motivation from within

The key to staying motivated is to focus on the experience of being active and rewarding yourself for your successes. Finding physical activities that you enjoy will make you want to do them again and again.

Find a physical activity partner

It is much easier to stick to your physical activity routine if you have a friend, co-worker, or neighbour to exercise with. Also, you may want to join an exercise class that is right for you to get additional support.

What's the best exercise to do?

The one you will do on a regular basis!!!!

Working Wellness
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EASY EVERYDAY CHICKEN STIR-FRY

Makes 4 servings
Serve over rice or noodles for an easy meal.

1 lb	boneless skinless chicken breast	500 g	Add or substitute any other vegetables you have on hand sweet peppers, mushrooms, snow peas, cherry tomatoes, etc. Bottled hoisin sauce is available in the chinese section of the grocery store, it will keep in your refrigerator for months and is a quick and easy way to add flavour. If it is unavailable, use sherry and soy sauce to taste.
1 tbsp	vegetable oil	15 mL	
2 tbsp	chopped gingerroot	25 mL	
2	minced garlic cloves	2	
2	onions, coarsely chopped	2	
2	carrots, thinly sliced on diagonal	2	
2	stalks celery, sliced on diagonal	2	
2 cups	thinly sliced cabbage or broccoli	500 mL	
2 tbsp	hoisin sauce	25 mL	

1. Cut chicken into 1 inch (2.5 cm) cubes. In a large nonstick skillet or wok, heat oil over high heat. Stir-fry ginger, garlic, onions and chicken for 3 minutes or until lightly browned. Add carrots and stir-fry for 1 minute.

2. Add celery and cabbage or broccoli. Stir-fry for 4 minutes or until vegetables are tender-crisp, adding a spoonful or two of water if necessary, to prevent scorching. Stir in hoisin sauce and hot pepper sauce to taste.

PER SERVING	
Calories:	228
Fibre:	3 g
Fat:	6 g
Carbohydrate:	16 g
Protein:	28 g