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August 2010 Newsletter

More than half the year has now gone, have you reached at least half your goals that you set this year?

If you have a hard time with commitment and willpower, commit to at least making August the month to work on distinguishing between your actual goals and mere wishes. Realize the benefits of setting goals and committing to them. Make sure you are setting objective, measurable and appropriate goals with positive behavioral changes to enable you to pave your road to success... visualize that pathway, even if you are layering down just one brick at a time.

ILANA



CHOOSING THE PERFECT WATERMELON

Choose a firm, symmetrical fruit that is free of bruises, cuts, and dents. Pick up the melon, it should feel heavy. (A good watermelon is 92% water.) The underside should have a creamy yellow spot where the melon sat on the ground and ripened in the sun.



TIP

Beat the Heat with a Watermelon Treat

Not only is watermelon a favorite summer food selection and barbeque closer, it is equally beneficial to health. The antioxidant lycopene is a chemical found in plants that gives certain foods (watermelon, tomatoes, red grapefruit, and guava) their red color. Part of the large class of plant compounds called carotenoids, which help protect and preserve body cells from oxidation and damage, lycopene may reduce one's risk of various cancers, particularly prostate cancer. Watermelon is also a good source of antioxidants, that work towards preventing heart disease, lowering cholesterol.

RECIPE SELECTION

Watermelon-Strawberry Smoothie (16 oz serving)

- 1 cup seeded watermelon, diced
- ¾ cup lemon sorbet or sherbet
- 8 frozen whole strawberries
- 1 tablespoon lemon juice
- 4 cubes of ice
- 1 cup water

Place all ingredients in a blender. Blend until smooth.

(cals; 224, carbs: 50g carbs, 4g fiber (net carbs = 46g (mostly natural sugar: fructose), 2g pro, 0 g fat.



Watermelon Parfait (2 servings)

- ½ cup low fat granola
- 1 cup seedless watermelon, cut into small chunks
- 2 cups of low fat vanilla yogurt
- 1 sliced banana, sliced
- ¼ cup of Almond slivers

In 2 tall glasses

Layer ½ of each of the granola, watermelon, yogurt and banana Repeat Layers with the other half of the ingredients.

Garnish with slivered almonds. (cals per serve: 230 cals, 4g fat, 9g pro, 35g carbs, 5 g fiber)



Fitness Corner
Clearing the bulk up myth about Strength Training

The common fear is that strength lifting weights adds bulk and thus adds weight. This is a myth. Strength training will build lean muscle and burn more fat. Muscles are the most metabolic active tissue. So incorporating time in the gym, allows you not only to become stronger, but to burn fat more effectively and efficiently as well. Women, in fact, are more likely to **tone** muscles from strength training than they are to bulk up.

Its Still Summertime Make Use of it!!

Longer Hours in Summer allow you to Take advantage of more daytime hours for outdoor activity. Run, walk or take work breaks outdoors. Consider pinch hitting for your friend's recreational softball team or walking to the grocery store when you only have a few things to pick up. While not directly a nutritional issue, your activity level will greatly affect the outcome of your nutritional success.

Restaurant	Think Again	Better Choice	You Save
Arby's	Beef 'n Cheddar 440 calories 21 grams fat	Junior Roast Beef 270 calories 9 grams fat	170 calories 12 grams fat
Burger King	Original Whopper 700 calories 39 grams fat	Hamburger 310 calories 12 grams fat	390 calories 27 grams fat
Hardee's	Double Thickburger 1240 calories 90 grams fat	Thickburger 850 calories 57 grams fat	390 calories 33 grams fat
McDonald's	Big Mac 560 calories 30 grams fat	Hamburger 260 calories 9 grams fat	300 calories 21 grams fat
Sonic	SuperSonic Cheeseburger 839 calories 55 grams fat	Jr. Burger 353 calories 21 grams fat	486 calories 34 grams fat
Wendy's	Big Bacon Classic 580 calories 29 grams fat	Jr. Hamburger 280 calories 9 grams fat	300 calories 20 grams fat