

Tips and Traps by Kathie Brodie

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Now that summer is almost here (but you couldn't prove it by the weather) it is time to be good to yourself. You can do that several ways. One way is to remind yourself you are worthy and then explore how that feels inside.

If you want some ways to remind yourself, go to the website and listen to my new CD of affirmations: http://www.harvestoftheheart.com/Kathie_Brodie.php I would be happy to let you download it for free but I'm not that technologically advanced yet!

Another way is to be mindful of what you put in your body by following the 100 mile rule: eat proteins and vegetables that come from areas no more than 100 miles from home. That insures their freshness and helps the local farmers. And the choices you make now will help you feel better physically which will make you feel better emotionally, and for once it is a great catch 22 ! So start eating more of the following for a week and see how you feel and look:

- Spinach - high in omega-e and folate - put it in sandwiches instead of lettuce, eat in a salad or add to scrambled eggs.
- Yogurt - full of beneficial bacteria - or substitute Kefir or cottage cheese.
- Tomatoes - full of lycopene to decrease risk of certain cancers - or substitute red watermelon, pink grapefruit, persimmon, papaya or guava. Make a salad with tomatoes, basil and olive oil, drink V8 juice, eat gazpacho.
- Carrots - easy way to ingest carotenoids to reduce risk of asthma and rheumatoid arthritis - or substitute sweet potato, pumpkin, butternut squash, yellow bell pepper or mango - eat baby carrots, grate into a salad, put in a breakfast smoothie with frozen mango and OJ, roast carrot chunks with olive oil, salt and cumin.
- Blueberries - lots of antioxidants to help prevent cancer, diabetes and memory changes and rich in vitamins A and C - or substitute acai berries or powder and mix into yogurt, use in a breakfast smoothie, put in summer salads.
- Black beans - full of anthocyanins to boost brain power - substitute peas, lentils, pinto, kidney, fava or lima beans - wrap in a burrito, use in chili, puree for a dip with olive oil.
- Walnuts - rich in omega-3s and anti-inflammatory polyphenols and protein, eating 7 nuts is a great post-workout snack - or substitute almonds, peanuts, pistachios, macadamia nuts or hazelnuts - sprinkle on top of salads, add to pancakes, mix with dried berries and dark chocolate chunks.

- Oats - full of soluble fiber to lower risk of heart disease - or substitute quinoa, flaxseed, amaranth or pearl barley - eat as cereal, sprinkle flaxseed on salads and yogurt, substitute quinoa for brown rice at meals.

And watch out for these **food traps**:

- Smoothies - easy to get them loaded up with all kinds of calories. Stick to fresh fruit.
- Granola - can be a surprising source of fat and sugar.
- Nutrition bars - some are as laden with calories as a Snickers. Look for low-fat high protein bars as a substitute for meals, not as a snack.
- Salads - the dressing on the salad can really put you over the top. Dip the fork in the dressing, then add the salad. The last thing you will taste is the dressing on your fork, which is just the right amount!
- Watch those labels. If it's more than 450 calories per serving, you are getting into McDonald's Cheeseburger territory.

There are many ways to eat healthy that really don't take any more effort at all. At some point the weather will improve and we will want to be outside. This list gives you some easy ways to fix some snacks to take with you. I bet after eating healthy foods for a week, you will feel so much better that you will want to continue. Go out and get some exercise, listen to the affirmations CD and snack on some walnuts. What a great way to help your body, help your soul and help your local farmers. Enjoy!