

EAT MORE, WEIGH LESS

Hi we're back. My name is Amy and we are going to talk about eating more and weighing less as a tool for weight loss. So you are going to see a variety of foods here today and some are going to be very calorie dense and some are not. The goal of today is to answer the lifelong question of how do I lose weight and not feel hungry. That is the biggest complaint that we get and that anyone has when they are trying to lose weight. What's the worst thing is feeling deprived, feeling hungry, feeling like you know you are never satisfied. So we have the answer to that for you today. The answer is you just need to pick the right foods. If you pick the right foods, you can eat a very large amount of food for not a lot calories necessarily. Now one question we get is if I cut calories won't I be hungry? The answer is, no. Research shows that individuals get full on the amount of food that they eat and not the number of calories that they eat. So what we need to look at again is foods that don't have a lot of calories in them, they have a lot of water, a lot of fiber. Fiber doesn't contribute calories, it just contributes bulk to your food and so it fills your stomach up. Your stomach tells you I'm satisfied, I'm full, but yet it doesn't have a lot of calories in it and so it is a win/win.

What we are going to show you today is this meal is fast food, chicken, like a fried chicken sandwich. It has about 600 calories in it. This is going to be just your basic Wisconsin cheese or some kind of a creamed soup here. It's one cup of that about 300 calories or so. And then these are 100 calories worth of raisins. As you can see there are not a lot of raisins in there. Over here, we have 100 calories worth of grapes. This is one of my main examples I like to show folks that are trying to lose weight is look at the difference in the amount of food for the same amount of calories that you can have and you are getting a lot more satisfied with that. Over here we have a vegetable beef barley soup. That's about 150 calories. And then we have a salad here which obviously has a lot of variety of colors and nutrients. In here we have about 3 ounces of chicken and spinach, onion, basically any vegetable you like you can throw in there. We also have cabbage, tomatoes, celery. Not only are you getting more food for your amount of calories, you are also getting a lot more nutrition with all the different colors of the vegetables.

What foods will fill me up? What I want you to do is pull out the handout that is called "foods that will fill you up". On the left side you will notice all the foods that are not going to be very calorie dense like your fruits and vegetables and your whole grains, your main proteins and dairy. On the right side is going to be your foods that are a lot more dense in calories. A perfect example would be a calorie dense food. Here this creamed soup because it is made with at least 2% or whole milk or even some are made with cream and butter. Any of those high fat products are going to be very calorie dense. There are not a lot of vegetables in here to take up some of the room versus if you look at this it is a substantial amount of vegetables which have very few calories in them. Comparing our chicken sandwich to the salad, it is pretty obvious which one is going to fill you up with a lot more food than your small sandwiches. One side note is with our salad a lot of dressings can add up to 200 to 300 extra calories minimum if you order salad in a restaurant and they bring the dressing and it is drizzled all over the top of it. One way to fight that is there are a lot of different types of salad dressing, salad spritzers where you actually just spray it on. You just pull the top off and you just squirt on as much as you would like. These typically have, the serving size of 10 sprays

and the calories in that are 15. Even if you use 20 sprays, you are getting 30 calories compared to 300, that is a huge savings. So try those out the next time that you are at the store. Let's go to some of our Veterans and see what some of their ideas are of ways that they have trimmed out fast food and try to eat more fruits and vegetables.

Instead of a piece of that pizza that is thick crust, I usually have a thin one and then my wife will make it herself. We add the ingredients ourselves. We have a lot of vegetables on it. I mean this is, there are times when I never thought I would care for tomatoes on pizza, but really tastes pretty good. I have been eating salads any more with no dressing or else just using oil and vinegar and its all you need. If you get some spices, spice it up a little bit. That's key.

So that is just above every day that we have mixed vegetables just do that. It's a little boring maybe, but that's the way we take care of that.

We've tried vegetables and fruits especially vegetables that we have never tried before. Today I happened to bump into Steve at the cafeteria and he finished up a salad. I was just starting on my fajita wrap and you know a fajita wrap is kind of a meal. You've got your carbs in there, you got some lettuce in there, you got some chicken in there and it is delicious. I put low-fat ranch dressing on it and I am full. That's all I needed.

Now we would like to talk about the healthy plate method. We want you to pull out the handout off the web site entitled healthy plate. You are going to notice that in a lower calorie setting you want to have half your plate be vegetables which is quite extreme for a lot of people. A lot of times when folks join the MOVE program we hear half the plate is meat and half is potatoes or corn and so the goal of what we would like you to strive for is to get that down so that the meat is on a quarter of the plate and your starch like your potatoes is on a quarter and then we want to fill the other half with vegetables. So let's look at an example today. We are going use the salsa chicken that Ken made on a separate video. We are going to use the beans for the starch will be on a quarter and then we are going to the vegetable for the other half. First, we are going to do the chicken on one quarter of our plate. And then our starch. That can be potatoes or your bread or any starchy food. What we are going to do is have approximately 1/2 cup and this is actually a half cup spoon here. So that's going to be on the other quarter of our plate. Now this is what we typically see our most people that join the MOVE program will have you know half plate is the meat and half the plate is starch, not necessarily black beans. That's you know a little bit more healthier than potatoes or rice or things like that. The idea is to get it down to the quarter of your plate being the starch and the meat being only on quarter, not like half the plate. A lot of folks would say okay that is not enough food so what we need to do now is fill the other half with our vegetables. So you can use a variety of vegetables, mixed vegetables, fresh, frozen, canned, it doesn't really matter. Vegetables really have maybe 10, 20, 30 calories in a serving. They are so low that if you wanted to, you know when there is extra you can fill that plate up as full as you want to. So here is our healthy plate. So print that handout out that's called healthy plate and keep it around and remember that you want half of your plate to be vegetables, a quarter protein and a quarter starch. I don't know about you, but if I was given the choice between these 2 amounts of food, it would be a very easy decision for me to take more food.

So thanks for joining us. Your assignment for this week is to try out the healthy plate method and try some new foods and have fun with it.