



# Caddo/Kiowa County

## Weight Loss Challenge Newsletter

VOLUME 2 ISSUE 2

JULY 10, 2013

### SPECIAL POINTS OF INTEREST:

- Recipe
- Dear Dr. Stephens
- 5 Signs It's Time To Get Serious About Weight Loss
- Weight loss Comic



## A whole new way to measure whole grains

Whole grains are good for you. Nobody disputes this fact, and many of us are doing the best we can to follow federal recommendations to make half our grains whole grains. But, for some, the difference between trying to get in more whole grain goodness and actually doing it is the ability to spot the real deal on the grocery shelves.

"It can definitely be confusing. There are so many products out there claiming to be whole grain, and while they may be, there also might be even better options with more nutritional value," said Janice Hermann, Oklahoma State University Cooperative Extension nutrition specialist.

One of the newest formulas for determining the most healthful whole grain foods also is one of the easiest to apply.

When sorting through whole grain foods, look for products with a 10-1 ratio of carbohydrates to fiber, meaning for every 10 grams of carbohydrate, there should be at least one gram of fiber per serving.

Just divide the number of carbohydrate grams by 10, and if the number of grams of fiber is as large or larger than the answer then the food is whole grain. Both the carbohydrates and the fiber can be found on the nutrition label.

"Even if you have trouble doing math in your head, most phones these days have a calculator function, so it should be pretty easy to check products as you're shopping," Hermann said. The quick and simple calculation comes from a study done by Harvard School of Public Health researchers, who reviewed 545 grain products and added up the whole grains, carbohydrates, fiber, added sugar, trans fat, sodium and calories for each item.

The researchers found foods with the 10-1 ratio generally had less sugar, sodium and trans fats compared to items that did not meet the threshold. The study appeared online in the journal "Public Health Nutrition."

Another way of determining the most healthful whole grains is to use the Dietary Guidelines for Americans recommendation of picking products with the word "whole" listed before any grain in the ingredients list. More specifically, it is best to select items with a whole grain at the top of the ingredient list or items with a whole grain listed first and no added sugars.

You also can look for the Whole Grain Stamp, which is promoted by the Whole Grains Council. Companies can add the stamp to products with at least 8 grams of whole grains per serving.

Hermann said it does not matter what method you choose, the goal is to incorporate whole grains into your diet.

"Whole grains are so important to good health because they provide fiber, vitamins, minerals and antioxidants," she said. "Whole grains also can help cut your risk of heart disease, diabetes and other chronic conditions."

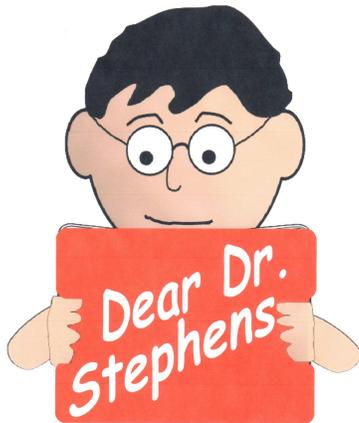
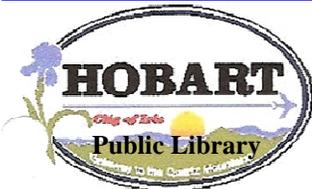
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**Nutritional Info**

Servings Per Recipe: 6
Amount Per Serving
Calories: 197.3
Total Fat: 5.6 g
Cholesterol: 1.0 mg
Sodium: 287.4 mg
Total Carbs: 27.0 g
Dietary Fiber: 7.5 g
Protein: 11.2 g



# Layered Mexican Dip with Baked Lime Chips

Skip the chips and pair this with sliced cucumber, bell pepper strips, baby carrots, celery sticks or even leaves of lettuce (make little roll ups). The serving size is one hearty cup, but you could cut that in half and serve it as an appetizer at parties. Minutes to Prepare: 10, Minutes to Cook: 5, Number of Servings: 6

**Ingredients**

- 2 whole-wheat tortillas
- 1 lime, zested and cut in half
- 1 (14.5 ounce) can vegetarian or fat-free refried beans
- 1 tablespoon Taco Seasoning
- 1/2 cup black beans, drained and rinsed
- 1/4 cup shredded reduced-fat Mexican-blend cheeses
- 3 green onions, chopped (both white and green parts)
- 1 tablespoon cilantro, washed and chopped
- 1/8 teaspoon salt
- 1 cup fat-free Greek yogurt
- 1 cup green leaf lettuce, shredded
- 1/2 avocado, chopped
- 2 Roma tomatoes, diced

**Directions**

Preheat the oven to 350 degrees Fahrenheit. Slice each tortilla into six wedges. Place on a baking sheet and spritz with cooking spray. Sprinkle with a pinch of salt. Bake for five minutes, or until crisp. Remove from the oven immediately and squeeze on the juice of half a lime. Combine the taco seasoning and lime zest with the Greek yogurt and mix well. Refrigerate until ready to use. Combine the chopped avocado with the juice of the remaining half of a lime and the chopped cilantro, then set aside. Spread the refried beans into the bottom of a 10-inch pie plate. Layer on the Greek yogurt mixture, the black beans, cheese, and green onions. Top with the tomatoes, lettuce and avocado. Serve immediately or refrigerate until ready to eat. Makes 6 one cup servings with 2 baked lime chips

**Dear Dr. Stephens,**

I have lost and gained the same 40 pounds many times over in the last 20 years! I have tried almost every new diet that comes out, and nothing seems to work. What am I doing wrong? **Yo-Yo Yolanda**

**Dear Yo-Yo Yolanda,**

Diets are like newborn babies, everybody that has one thinks that theirs is the best (and cutest). Some of the most popular I've seen over the years is the Atkins, South Beach, Jenny Craig, Nutrisystem, Weight Watchers and Slim Fast. Others such as the Glycemic-Index, Zone, TLC, Paleo, and Biggest Loser Diets have become popular more recently. Also we can't forget about the Vegan Diet, Fasting Diet, Raw Food Diet, Dukan Diet, Mediterranean Diet, and Flexitarian Diet... See what I'm getting at? There are tons and tons of diets out there. Believe it or not, I heard about a diet where all you could have was water. That's it, nothing else, just water. How silly is that? Not to mention, dangerous.

I'm not a huge fan of so-called fad diets for the masses. Not to say that many of those listed above don't have great plans (minus the water only diet of course), but I know what works for me and that's my own personal plan. By the very fact that you've been battling the same 40 pounds and know that it is exactly 40 pounds over the years, tells me that you have an idea of what your ideal weight should be. That is a huge first step, as many people don't know what that should be. We can talk about ideal weight another time.

In regards to your diet, you have to make it personal. When you lost the weight, what were you doing? When you gained the weight back, what were you doing? When you lost the weight again, what were you doing? When you gained it back again, what were you doing? And so on... Seriously take some time to think about it and write it down. I bet what you'll find out is that while the diet was important, just as important was your activity and attitude. And believe me, I know that sometimes life gets in the way.

Case in point, we've just celebrated the 4<sup>th</sup> of July. During that time I chose not to pay a lot of attention to my diet or exercise plan. Like much of America, I ate at cookouts, had plenty of desserts and relaxed in front of the TV. When I came back to work, I had gained 2 pounds, and that was just over a 4-day break! Imagine if I had let life get in the way and neglected my diet and exercise for a couple of weeks, or months? You can see how easily we can put the weight on by not paying attention to what we eat and not remaining active. You have to make it personal! You don't need a fancy diet but you do have to know what works for you with the right amount of proper nutrition, activity and positive attitude. In the end, you're doing this for yourself and that's all the inspiration you need.

It's easy to say that you want to lose weight. It's also easy to find the motivation to hit the gym regularly and choose the right foods in the beginning. After a few weeks, our motivation seems to wane and those old, unhealthy habits of yours start to creep back in. What seemed so easy at first is now difficult. You have cravings. You're tired. You miss those social dinners with your friends and doughnuts at the office. That 6 a.m. aerobics class doesn't seem as fun, and getting up without hitting the snooze button seems impossible.

Sound familiar? So many of us have fallen into this yo-yo diet and exercise trap over the years. You decide you want to lose weight, start a program, and even start to see some results and then...life gets in the way. Before you know it, you're off your healthy living plan again. You have to commit now and, well, forever. You have to choose to change your life, both when life is breezy and when things aren't going your way. Whether you have 5 pounds or 150 pounds to lose, you have to get serious if you're ever going to reach your goals.

So how do you know if it's time to get real? How do you know if you're committed to your weight-loss efforts this time around? If any of the five signs below sound like you, then you aren't 100% committed to getting healthy.

#### **Sign #1: You keep waiting to start.**

If you really want or need to lose weight but keep putting it off until tomorrow, next week, or even later in the future, you're not serious about weight loss. There is no perfect time to lose weight; you'll always have to deal with stress and work and LIFE, and there's no better way to get started than to jump right in today. Don't put off getting healthy for another day. Get healthy now. Why waste another day? Right this second you can start improving your health by doing something as simple as going for a short walk, choosing the stairs over the elevator or even looking up the online menu of the restaurant you're going to tonight and ordering a healthy dish. There's no time like the present. Your life starts now!

Stop putting it off: Tell a loved one that you're committed to changing your life and losing weight the right way. Then write down three simple things that you can do TODAY to be healthier, such as drinking a glass of water, walking around the block once or eating two fewer bites than you normally would. By sharing your goals, you'll stay accountable and by starting small, you'll build momentum to make more changes.

#### **Sign #2: You can't do the things you want to do.**

Did you once love to travel, but now have problems fitting in the airplane seat? Can you no longer play tag or run around with your kids? Does dancing with your friends or walking up a flight of stairs leave you winded? If you can no longer do what you need to do (walk without discomfort, take the stairs) or want to do (visit an amusement park, buy new clothes off the rack), it's time to get serious. With regular exercise and some simple food swaps, you can be back to your usual self and live your dreams.

Focus on functionality: For motivation, make a list of the things you want to do but can't do comfortably (or at all) right now. Weight loss isn't just about wearing smaller pants size; it will help you live the life you want. Your motivation can come from the list you made—all of your goals and dreams, both big and small. Then, with your doctor's blessing, begin a functional fitness program today. Go for regular walks to improve your cardiovascular fitness, and try these exercises to help make your everyday activities easier to do. Before you know it, the pounds will drop, but more importantly, you'll be able to do all the things you love to do.

#### **Sign #3: You're facing chronic health issues.**

Being overweight or obese puts a huge strain on your body and increases your risk for many chronic health problems, including type 2 diabetes, coronary heart disease and stroke, metabolic syndrome, certain types of cancers, sleep apnea, osteoarthritis, gallbladder disease, fatty liver disease, pregnancy complications and premature death. Many of these conditions don't exhibit any symptoms, but that doesn't mean you haven't started developing them just because a doctor hasn't made a diagnosis yet. If any of these conditions run in your family or you know that you're at risk due to your weight or lifestyle, see a doctor right away. You can no longer treat weight-loss as an option. It's a necessity for you to save your own life.

Live longer and healthier: If you haven't had a physical in the last year, schedule one with your doctor today. If you do have any health issues, seek treatment and ask the doctor what types of physical activity you can do and if there are any dietary restrictions. Once your doctor has given the OK, start with a beginner's exercise program and begin making healthier food choices to get on the road to a healthier you.

#### **Sign #4: You give up easily.**

Do you throw in the weight-loss towel after you eat a cookie or miss a single workout? Then you need to get real and learn to forgive yourself. Health and weight issues don't result from one small mistake during a 24-hour period; it's what you do day after day, time after time, that really counts. You don't have to be perfect, but you do have to be consistent. So stop beating yourself up for every mistake. We all make them! It's what you do next that matters. Commit to making healthy choices most of the time, and you will reach your goals!

Get back on track: Promise that you'll be kind to yourself when you do slip up, and create a get-back-on-track plan. If you're not sure where to start, try one of these tips!

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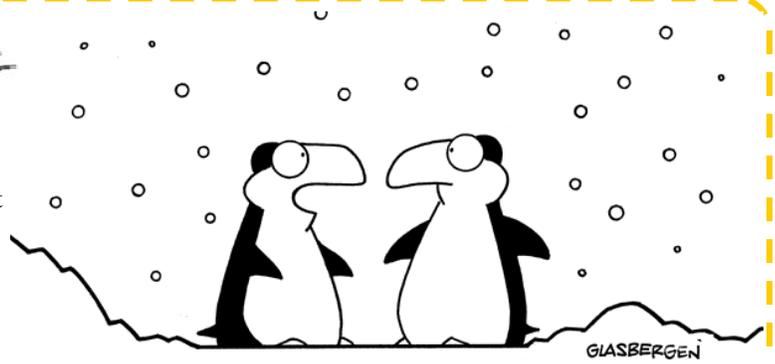
**Sign #5: You're envious of others who have lost weight.**

If you feel self-conscious about your body and size around others or feel extremely jealous of other people who have lost weight, then it's time for you to focus your energies on your own self-improvement. These feelings may signal something deeper that needs your attention. As you might guess, weight loss isn't just about choosing to eat right and exercise. Many times, it's also about having the self-worth to make a change and believing that you deserve to do something positive for yourself!

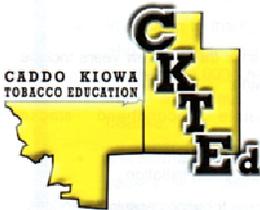
Make yourself a priority: Stop comparing yourself to others. Everyone's journey and circumstances are different. So instead of wondering why you weren't blessed with a faster metabolism like your co-worker was, focus on what you love about yourself.

The next time you become envious or self-conscious, remind yourself that you deserve good things in life, too, so commit to make healthy choices. Weight loss isn't a weakness, a desire to conform, or a sign that you're not awesome just the way you are.

Every person is worthy of love, respect and self-care—and maintaining a healthy weight is part of that.



**"Low fat diets don't work. I eat fish every day and my butt still drags on the ground!"**



Losing weight is hard work, but the change begins with you and it starts right now. If any of these signs describe you, it's time to stop talking about weight loss and commit to it. Start making healthy lifestyle changes, one simple step at a time.

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Knowledge is Power

## Kiowa and Caddo County Coalitions

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