

## ***The Lunchbox Nutritionist*** ***Kathleen Searles MS, RD, LDN***



Can you believe that it is already May? This is one of my favorite months - full of new beginnings and celebrations as spring unfolds into summer and the school year winds down. This month's newsletter is all about beginning again and recharging your nutrition and fitness plan. I hope that some of these great tips from "the experts" will resonate for you!

- Kathleen Searles

### **6 Step Slim Down Plan:**



Summer is right around the corner and with the heat comes sleeveless shirts, short shorts, and of course bathing suits. Before you head out to purchase the next crash diet or quick fix promise, try these 6 simple tips to slim down. Not only are they easy to implement (with a little forethought and planning), but they also promise lasting results; helping you feel confident, strong, and sexy this summer season! When it comes to your summer slim down plan, working with a registered dietitian can help ensure you reach your goals in a healthy and positive environment - while still living and loving your life! [Contact me today](#) to schedule an appointment.

1. Drink water...and lots of it! When it comes to any weight loss plan, drinking water is essential! The general rule of thumb is to drink 1/2 your body weight in ounces. For example if you are 150 pounds, then consume 75 ounces of water a day which equivalent to four and a half - 16 ounce water bottles. Drinking water helps with weight loss by flushing out your system of toxins and built up products. As well as helping to keep you full, resulting in less total calories consumed. Research has also found that being dehydrated will actually slow down one's metabolic rate - meaning your body burns less calories when you are not properly hydrated! For best results it is recommended you drink pure water because pure water will not have extra chemicals, additives, sodium, or sugar that your body needs to process and eliminate. If you simply drink 8 - 10 ounces of water before and after each meal and snack then you can easily reach your goal!

2. Cut the sugar. Sugar comes in a variety of forms and can be naturally occurring; such as in fruits (fructose) and milk (lactose), or added sugar such as table sugar, syrup, honey, corn syrup, and agave nectar. For your summer slim down plan, omit the added sugar from your diet. No need to eliminate fresh fruit or milk, unless medically advised. The most common places one will find added sugar include: regular soft drinks and fruit punches, candy, cakes, cookies, pies, snow cones, ice cream, and fruit flavored yogurt. Added sugar can also be found in a variety of packaged foods such as cereals, instant oatmeal, breakfast bars and those "diet friendly" 100 calorie snack packs. Next time you are reading the food label, check out how much sugar is in each serving. As a general rule of thumb, if it has more than 7 grams of sugar then

think twice before adding it to your summer slim down plan.

3. Increase fiber intake. Fiber is a secret weight loss ingredient because fiber is the part of plant based foods that our bodies cannot digest. This means that fiber will help keep us full longer without providing any additional calories. Eating more whole and natural foods with less processed and packaged foods is the first step to increasing your overall fiber intake. Some good examples of high fiber foods include: vegetables, fruit, lentils, dry beans and peas, brown rice, as well as whole grains such as wheat, oats, and barley.

Aim for 25 - 35 grams of fiber a day. If you are just beginning to increase your fiber intake, do it slowly. Increasing your fiber intake too rapidly could result in gas, bloating, and/or diarrhea. Also, be sure to drink plenty of water when adding fiber to your diet. Without the proper fluid intake, increasing your fiber intake could result in constipation instead of elimination.

4. Skip the salt and slash the sodium! In January 2010, the American Heart Association changed the daily sodium recommendations from 2300 mg a day to 1500 mg per day and they did so for good reason. Excess sodium intake is one of the most common causes of high blood pressure as well as extra water retention. By monitoring sodium intake and reducing the amount of consumption, it will not only decrease your risk for high blood pressure, but you can also help beat the bloat and feel great for summer.

Where is the sodium? Processed foods and beverages as well as restaurant foods contribute to about 75% of where sodium comes from. The best way to reduce sodium intake is to limit the intake of packaged foods and be more assertive when reading nutrition labels. Some of the most popular diet foods such as salad dressings, frozen meals, soups, and low fat sandwich meats are very high in added sodium. To reduce your sodium intake, buy fresh or frozen produce over canned foods. Skip the salt shaker at the dinner table and enhance the flavor of your food with natural herbs and spices. Limit the intake of processed meats and cheeses. Finally, prepare more meals from scratch and increase the intake of fresh fruits and vegetables.

5. Eat more vegetables. Load up on these low calorie, high fiber, antioxidant filled power foods. Increasing your intake of vegetables will do so much more than just add a low calorie meal or snack, they will also help to balance your internal system. Vegetables have a natural component that helps flush out excess sodium and water retention, as well as helping to fill you up and reduce cravings for high sugar, high fat foods.

Here is a list of vegetables to be eaten and enjoyed not only for your summer slim down plan but are also the key for a long and healthy life: artichoke, asparagus, broccoli, cauliflower, kale, bean sprouts, green onions, watercress, okra, radishes, water chestnuts, green beans (green, wax, Italian), Brussels sprouts, cabbage, celery, cucumber, lettuce (or other salad greens), onions, tomato, spinach, summer squash, Swiss chard, sauerkraut, pea pods, parsnips, leeks, mushrooms, zucchini.

6. Watch your fat intake. Believe it or not, when it comes to your slim down plan consuming enough of the right fat is key, however not all fats are created equal. Consuming unsaturated fats such as avocados, nuts, seeds, plant based oils, and fatty fish will help keep you satiated (another word for full) as well as provide essential nutrients. Be sure to include a little healthy fat at each meal and snack.

Eliminate trans fat, which can be found in hydrogenated vegetable oil, partially hydrogenated oil, vegetable shortening, and margarines. The simplest way to eliminate trans fat from your diet is to read labels and skip the fried food. Also limit your saturated fat intake to 10% of your total calorie intake. For example if you are consuming an 1800 calorie diet, then limit your saturated fat intake to no more than 20 grams per day. Saturated fat will be found in animal products such as meat, cheese, half and half, and coconut oil.

Following these simple 6 steps will help ensure you are feeling fit and fabulous this summer! To receive a customized meal plan to help implement these steps into your daily life [contact me today.](#)

### 3 Steps to SHAPE UP:



Any summer slim down plan will not only include a good nutrition plan but also a fitness regime. To maximize your workouts follow these 3 simple steps:

### News and Events:

Spring is here, and the warm weather too! Does this have you thinking of trying a 5K, joining a softball team, taking up hiking, or playing in tennis or golf tournaments? I have some new sports nutrition packages available to help you plan for your fueling and hydration needs. Call or e-mail today for more information!

### Recipe of the Month: Basil Chicken Packets

4 sheets (12x18-inches each) Reynolds Wrap® Heavy Duty Aluminum Foil  
4 boneless, skinless chicken breast halves (1 to 1 1/4 lb.)

1. Be consistent. Find the time of day that works for YOU and make your workout plan a priority! Schedule your workout in your day planner, with a friend, or for extra accountability and motivation with a trainer. Often times the hardest part of any workout routine is the simple act of just showing up. Show up, do the work and you will get results!
2. Participate in interval training. Interval training is one of the best ways to maximize your time for maximum results. Interval training includes short bouts of high intensity exercise followed by low intensity exercise. Alternating weights or strength bearing activities with cardiovascular exercise is an excellent way to get a total body workout!
3. Push yourself. Whatever time you do have to devote to exercise make it count. Challenge yourself and push to your maximum potential (without causing injury or participating in dangerous activities). You can get an excellent total body workout in less than 30 minutes if you challenge yourself and maximize your efforts. When we push ourselves our body will respond with the positive changes you are working so hard to achieve!

### Maximize Your Results:



1. Create a vision board or book. Set your goals and look at them every day to remind yourself what you are working on.
2. Eliminate negative thinking and remove yourself from negative situations. Negative energy will not move you towards creating and transforming yourself into your best self, therefore where there is negativity find a way to remove yourself or mentally block it out.
3. PLAN, PLAN, PLAN. Make yourself and your goals a priority. To do so you need to plan your daily and weekly action steps.
4. Keep a journal. A journal is an excellent way to record your progress as well as keep note of the obstacles that come along. Keeping a food journal is still one of the most powerful weight loss tools you can invest in. For maximum results it is recommended you keep a food journal along with an exercise log and personal feeling section. This will help you keep track of what is working and what is not working. As you progress on your journey you can reflect on your progress!
5. Stay positive and surround yourself with people who will support and encourage you to reach your goals. We all need help at certain times in our life,

2 tablespoons chopped fresh parsley

1 tablespoon grated lemon peel  
 1 1/2 teaspoons dried basil  
 1/2 teaspoon salt  
 2 medium yellow squash, sliced  
 1 medium red bell pepper, cut in rings  
 Freshly ground pepper

1. PREHEAT oven to 450°F or grill to medium-high.
2. CENTER one chicken breast half on each sheet of Reynolds Wrap Everyday Heavy Duty Aluminum Foil. Combine parsley, lemon peel, basil and salt; sprinkle over chicken. Top with yellow squash and red pepper. Sprinkle chicken and vegetables with pepper.
3. BRING up foil sides. Double fold top and ends to seal packet, leaving room for heat circulation inside. Repeat to make four packets.
4. BAKE 16 to 18 minutes on a cookie sheet in oven or GRILL 11 to 13 minutes in covered grill.

Number of Servings: 4  
 Nutrition Information: (Per Serving): 190 calories, 4 g fat, 18% calories from fat, 85 mg cholesterol, 370 mg sodium, 6 g carbohydrates, 2 g fiber, 32 g protein

32, 3 g sugar  
 Recipe by: Reynolds Kitchens

### Additional Recipe!! Rhubarb Season



Another reason that I love May is that it is rhubarb season. This tart vegetable (that we usually use like a fruit!) is one of the first to make its appearance at farmers' markets and vegetable stands. Its pretty red stalks place it in the "colorful fruits and vegetables" category, and it is a source of anti-oxidants including lycopene and quercetin along with several vitamins and minerals. It is so simple to make some rhubarb sauce to eat with your morning oatmeal!! Just cut stalks into 1/2 in chunks, add a little water, and simmer until the stalks soften. (Add more water if needed - it will be like applesauce when done.) Rhubarb is tart, so you will want to add sugar or another sweetener to taste. Eat warm or store in the refrigerator.

and knowing when and where to reach out for education, support, and accountability will help create your best self!

### Quote of the Month

"If things are not going well with you, begin your effort at correcting the situation by carefully examining the service you are rendering, and especially the spirit in which you are rendering it."  
- Roger Babson

#### Contact Information:

Beverly Office  
900 Cummings Center  
Suite 218U  
Beverly, MA 01915

Newburyport Office  
37 1/2 Forrester Street  
Newburyport, MA 01950

Phone: 978-697-2834  
Email:  
ksearles@lunchbox-specialist.com



#### About Kathleen Searles, MS, RD, LDN

I am a Registered Dietitian and am licensed to practice in Massachusetts, New Hampshire, and Maine. The exciting field of nutrition has been my passion ever since I took a foods class with my friends in high school. Through my work in different states and different settings I have developed my philosophy of helping people improve their diets by finding foods that fit into their particular routines, budgets, and preferences. I look forward to helping you solve your nutrition challenges with tasty and satisfying foods.