

## The Lunchbox Nutritionist

Kathleen Searles MS, RD, LDN

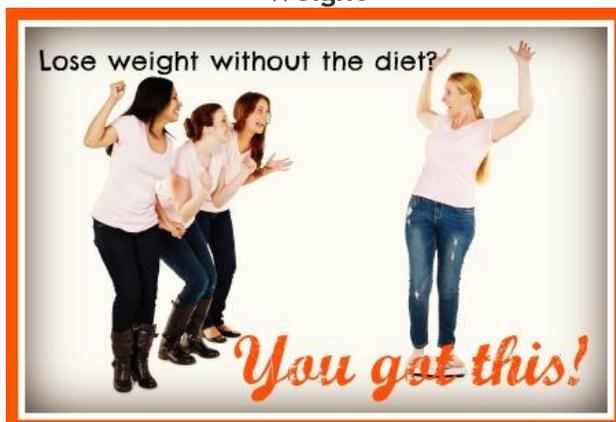


Have you ever felt like you were eating better and enjoying it less? This month's newsletter article is about how "dieting" sometimes becomes a chore in which the pleasure of eating good food gets left behind. Sometimes what works for weight control is to focus on really enjoying your foods and feeling satisfied by your meals and snacks. Check out some of the tips that follow. For more information about ditching diets and staying healthy, check out information on intuitive eating (<http://www.intuitiveeating.org/>) and the Health at Every Size movement (<http://www.haescommunity.org/>). Here's to a happy, healthy fall and enjoying the flavors of the season!

To your health,

- Kathleen Searles, MS, RD, CSSD, LDN

### 6 Steps to Drop the "Diet" and Drop the Weight



**1. Eat foods that nourish you.** Think about the actual nutrition a food provides. How does it make you feel? Energetic? Satisfied? Tired? Full? Gassy? Be honest with yourself and keep note. If you take the time to listen, your body will tell you how a certain food makes you feel!

**2. Stop assigning a "number" to everything you eat.** Society has become so obsessed with counting calories, grams of carbohydrates, protein and fat that we have forgotten the primary purpose of food is to provide us with energy (a.k.a. calories). Think about the food you eat as fuel for your body. Refer back to point #1, eat foods that nourish you.

**3. Eat real food.** Three simple, but powerful words. Feed

### Sports Nutrition Corner

What are you and your kids eating after your workouts and sports? At an event I attended last week, the after-game snacks were Doritos and Oreos. You can do better than this!! The goal of an after- game/practice snack is muscle recovery. Muscles need carbohydrates to replace glycogen (to fuel the next workout or game) and protein to rebuild muscle tissue. Here are some easy, portable suggestions:

- Applesauce cup or squeeze pouch + cheese stick
- Granola bar + milk (the shelf stable milk in "juice box" type containers is convenient)
- Graham Crackers + peanut butter (or a peanut butter sandwich)
- Fig bars + milk
- Pita chips + hummus

Don't forget that recovery also means drinking some water or sports drink to rehydrate. Have a great fall sports season! Recover well to compete well!

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your body real foods, eat from mother earth. Eat fresh foods. Enjoy real sugar and butter in moderation. Eat real food without guilt. When you focus on eating more real foods in your diet, you will have less room to consume packaged and processed foods.

**4. Honor your senses.** The taste, the smell, the texture, the look and feel of food all relate to your senses. When you are eating, think about what satisfaction the food is bringing to you. I understand that in today's fast paced society this is not always possible, but it is something you should be aware of. If moving away from "diets" is appealing to you, then learning to honor your senses during meal time is essential!

**5. Eliminate the "last supper" mentality.** You know the drill. It is the night before your "diet" and you want to eat all your favorite foods before the diet starts, so you can "get it out of your system". Well, the truth is this "last supper" mentality is one of the many reasons "diets" fail. When we consistently think this is the "last time I can ever eat this food again" of course you are going to eat more than your body needs. This causes you to stuff yourself (a.k.a. consuming more energy than your body needs), and the cycle continues. If you recognize that no foods are truly off limit, but instead you honor your body with food that nourishes you and makes you feel good, then you can forgo the last supper all together.

**6. Find pleasure in the kitchen.** Experiment with cooking and make meal prep time an enjoyable experience. Involve your family in the meal planning and preparation. This helps bring to focus meals as fuel, so everyone can perform better at work, in school, and on or off the soccer field! Added bonus: many great conversations and stories are shared over a good meal. Cooking in the kitchen is not only good for the body, but also good for the soul.

### Definition of a "Diet" - According to Webster's Dictionary:

Diet Defined by Webster's Dictionary: Origin of DIET Middle English diete, from Anglo-French, from Latin diaeta, from Greek diaita, literally, manner of living, from diaitasthai to lead one's life

Diet: (noun)

1a : food and drink regularly provided or consumed

b : habitual nourishment

c : the kind and amount of food prescribed for a person or animal for a special reason

d : a regimen of eating and drinking sparingly so as to reduce one's weight

2: something provided or experienced repeatedly

### Recipe of the Month: Chicken and Sausage Gumbo



This recipe is from: Holly Clegg's trim&TERRIFIC Gulf Coast Favorites-30 Minute Recipes from my Louisiana Kitchen

A Louisiana favorite, chicken and sausage gumbo can be prepared easily and conveniently. Roux, the secret of good gumbo, gives it that nutty flavor and color without the fat. I use browned flour to create my roux. Serve over rice. Makes 14 (1-cup) servings

#### Ingredients

1/2 cup all-purpose flour

1 pound reduced-fat sausage, sliced in 1/4-inch pieces

2 pounds boneless, skinless chicken breasts, cut into pieces

1 onion, chopped

1 teaspoon minced garlic

1 green bell pepper, cored and chopped

2 stalks celery, chopped

8 cups fat-free chicken broth

1 (16-ounce) package frozen cut okra or fresh cut okra

1 teaspoon dried thyme leaves

1/4 teaspoon cayenne

Salt and pepper to taste

1 bunch green onions, chopped

#### Instructions

1. Preheat oven to 400° F.

2. Place flour on a baking sheet and bake 20 minutes, stirring every 7-10 minutes until a dark nutty brown color. Set aside.

3. In large nonstick pot coated with nonstick cooking spray, stir fry sausage over medium heat until crispy brown, and set aside. Remove any excess fat and re-coat with nonstick cooking spray.

4. Add chicken and cook, stirring just until starting to brown. Add onion, garlic, green pepper, and celery, cooking until tender. Add browned flour and stir continuously.

5. Gradually add remaining ingredients, except green onions. Bring to a boil, reduce heat, and simmer 30 minutes or until chicken is tender. Add sausage and green onions, cooking about 5 more minutes. Serve over rice.

Food Facts: Calories 160, Calories from

## Food Experiment! Eat REAL Ice Cream...

(This particular experiment is done with ice cream, but if you do not like ice cream then use a food of your choice. Comparing fat free cheese to regular cheese is another good food to experiment with! When you do this please make sure you are able to focus on what you are eating, therefore make sure to turn off all outside distractions and be present with the ice cream).

Take 2 small cups or bowls. If you have "special" dinnerware or china this would be an excellent time to use it. Buy a small container of fat free ice cream. Buy a small container of full fat, regular ice cream (do not look at the calories). Place 1/2 cup of each ice cream in separate bowls. Sit down and taste the real ice cream. Take a small bite. Feel the flavors in your mouth. How does this make you feel? Now, take a small bite of the fat free ice cream. Repeat the experiment. Feel the flavors in your mouth. How does this make you feel? Do you think 1/2 cup of real ice cream could satisfy your craving compared to 1/2 cup of fat free ice cream? I often find that the fat free ice cream leaves clients craving more. Mentally they are feeling deprived and because it was "fat free" they feel as if they "deserve" more.

Share with me how this experiment worked for you!

### Quote of the Month:

"Did you ever stop to taste a carrot? Not just eat it, but taste it? You can't taste the beauty and energy of the earth in a Twinkie."

~ Astrid Alauda



fat 11%, Fat 2 g, Saturated Fat 1 g,  
Cholesterol 49 mg, Sodium 550 mg,  
Carbohydrate 12 g, Dietary Fiber 2 g,  
Sugars 4 g, Protein 22 g, Diabetic  
Exchanges 1 carbohydrate, 3 very lean  
meat

### 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](tel:978-697-2834)

Email:

[ksearles@lunchbox-specialist.com](mailto:ksearles@lunchbox-specialist.com)

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### 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.