

# Culinary Enlightenment

a newsletter about food and nutrition

Issue 8

February 13, 2008

## Food Feature



### Citrus

Got the winter hohums? Brighten your day with a sweet and juicy citrus fruit!

Citrus fruits are packed with immune boosting vitamin C. In fact, one serving provides more than 150% of your daily requirement for vitamin C. Citrus are a good source of folate and fiber too.

Citrus fruits are great for a sweet snack, an addition to a meal, and a flavorful condiment (see recipe). Grab one for a refreshing and delicious pick-me-up.

Bored with oranges? Be adventurous and try a blood orange or a handful of kumquats.

#### Nutrition Facts:

1 medium orange  
75 calories, 3 g fiber, excellent source of vitamin C  
Source:  
[www.nutritiondata.com](http://www.nutritiondata.com)

## Nutrition in a Nutshell

### Calories Count

Eat protein, avoid carbs, reduce fat...each diet tells a different story yet promises to help you lose weight effortlessly. Even so, more Americans than ever are overweight or obese (66%), so what is the real secret to weight loss?

### A Calorie is a Calorie

Unfortunately, there is no silver bullet in the battle against the bulge. The truth is...a calorie is a calorie, whether from protein, fat or carbs. The "secret" to weight loss is burn more calories than you eat and drink.

A calorie is a unit of

energy. Technically, it's defined as the amount of energy it takes to raise one gram of water one degree Celsius (and is really called a kilocalorie).

Simply put, your body manages calories similar to the way a Savings & Loan manages money. When you consume too many calories, they are saved as fat. When you expend more calories than you take in, your body "loans out" fat stores to be used as energy. Unfortunately, most of us are better at the energy storage part of the energy-in/energy-out equation.

We have inherited "thrifty genes" from our ancestors. Historically,

humans have lived with episodic feast and famine. The ones who survived the famines were the ones who were better at storing fat and more efficient at surviving on fewer calories. Guess what? We are the descendants of these energy efficient beings!

Today we are surrounded by abundant, calorie dense foods created by food science and technology. None of our ancestors ever experienced chili cheese fries. In fact, our bodies see these foods as an opportunity to store calories for another day: "our

*(Continued on page 2)*



### Ingredients:

1 ruby red grapefruit  
1 orange  
1 small jalapeno  
1 ripe avocado  
1 tablespoon lime juice (about 1 lime)  
1/8 teaspoon salt  
pepper to taste

### Citrus Avocado Salsa



### Directions:

1. Peel and segment grapefruit and orange. (See "Kitchen Tip" on Page 2). Chop segments into pieces.
2. Remove stem, seeds and membrane from jalapeno to reduce heat. Finely chop.

3. Peel & chop avocado.
4. Add lime juice, salt and pepper. Toss.
5. Enjoy with chicken, fish, or baked chips.

#### Nutrition Facts:

1/2 cup salsa  
80 calories, 4.5 g fat, 3 g fiber, 45% daily vitamin C  
Source: ESHA Research Inc.

## Culinary Enlightenment

is a small business owned by Lauren Squier, MPH, RD. Lauren enjoys teaching nutrition and healthy cooking to children, adults and families.

Lauren graduated from Cal State Long Beach with a degree in Dietetics & Food Administration, completed a Master of Public Health and Dietetic Internship at UC Berkeley, and finished culinary

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Tell a friend!

## Fine Tune Your Nutrition

Ask Lauren about...

- Basic Nutrition
- Nutrient Analysis on a 3-Day Diet Record
- Nutrition Counseling
- In-home Cooking Classes
- Recipe Makeovers
- Nutrition Talks for Groups

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## Kitchen Tip: Citrus Segments

1. Cut off top and bottom.



2. Use paring knife to cut away peel in small strips.



3. Cut citrus segments from membranes. Use V-shaped cuts toward the "core".



## Nutrition in a Nutshell

(Calories Count - Continued from page 1)

feast has arrived...dig in!" The problem is that we experience such opportunities on a daily basis.

Now that we see our bodies as ultra-efficient energy saving "machines", it is time to work some magic. Try these simple tips to decrease calories in your diet:

- ✓ **Eat more fruits and veggies!** (I know you've heard this one before.) Having water- and fiber-rich fruits and vegetables for meals and snacks helps you feel full on fewer calories.
- ✓ **Trick yourself** into eating less! Use smaller plates, bowls, and cups. Your eyes will help communicate to your stomach that you are filling up faster on

fewer calories.

- ✓ **Prime the pump!** Eat a small green salad with low calorie dressing or a cup of broth-based soup before lunch or dinner. Research shows that you will consume fewer calories during the meal.
- ✓ **Bulk up...**on fiber that is! This indigestible plant material helps you feel full and doesn't contribute calories. Health bonus: fiber helps keep your digestive system healthy, from your mouth to your...well, you know.
- ✓ **Just say no** to sugar sweetened beverages. Your body does not account for liquid calories very well. That means you don't eat fewer calories to

compensate for the calories you are drinking. Researchers from Harvard's School of Public Health estimate that a soda a day can lead to a 15 pound weight gain in one year. Yikes! Instead, enjoy water, flavored bubbly mineral water as well as unsweetened teas and coffees.

- ✓ **Burn more!** Even though you burn a ton of calories at Boot Camp, seek other opportunities to create a calorie deficit. For instance, take a walk with a friend, ride bikes with your kids, or take a lap around the mall before shopping.

Now that you know the truth about calories, you can work smarter towards your weight loss goals. Or, you can help a friend or relative meet theirs. Best wishes.