

# Eating Healthy: A Naturally Energizing Strategy

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Presented By Lisa C. Cohn, MMSc, MED, RD

Park Avenue Nutrition, New York, NY

[www.ParkAveNutrition.com](http://www.ParkAveNutrition.com)

# Introduction

## Eating Healthy

The information presented comes from my experience as a Medical Nutrition Therapist and Registered Dietitian working with a variety of clients over many years and at the Park Avenue Nutrition wellness center in New York.

There will be time for questions following the presentation.

I hope you will find this information useful in energizing your overall day at work and at home.

Thank you for joining us today.

# Eating Healthy

Overall aim:

The purpose of this seminar is to address nutritional strategies for optimizing your daily energy and for reducing fatigue.

Objectives are to:

1. Review the role of food/eating as daily nourishment for body and mind;
2. Present a basic review of foods to choose for higher energy levels and which to avoid;
3. Identify 10 Strategies to maintain and increase natural energy to consider in your daily routine.
4. Provide additional resources for nutrition support

## Strong, Steady Energy = Reduced Fatigue

1. Use the role of food/eating as daily nourishment for body and mind

The body's main source of energy is food. We must eat and take in water.

Food provides additional nourishment from natural qualities – sensory stimulation – pleasure.

Eating is a time for the body to “take a break from work” and to nourish and restore mental and physical energy... Timeliness of meals paces our day.

Sharing meals with others also nourishes and energizes us.

Eating requires physical work and decision making which require energy – this can be tiring mentally and physically.

## Eating For Better Energy

2. A basic review of foods to choose for higher energy levels and which to avoid;

Choose freshly grown foods, herbs, spices, oils as they contain highest nutrient values and are easy to digest.

Choose to eat moderate portions as overeating drains energy.

Choose fresh oils and eat at room temperature. Support brain and nerve function, steady energy.

Choose foods which are simple to prepare.

Avoid:

Highly processed foods (added sugars, fats, salt, heated oils, other artificial flavors, substances)

Brain energizers which may be short term (caffeine, sugars)

### 3. 10 Strategies for natural energy

The foods you eat should energize your life! Let's begin by incorporating these 10 Energizing Strategies into your daily lifestyle:

Strategy 1 – Create a colorful plate of food.

Strategy 2 – Include your favorite foods in meals.

Strategy 3 – Eat breakfast each day..

Strategy 4 – Enjoy the breakfast food you eat.

Strategy 5 – Drink 64 ounces of water each day.

Strategy 6 – Eat citrus fruits each day.

Strategy 7 – Eat fresh herbs daily.

Strategy 8 – Eat peppers daily.

Strategy 9 – Enjoy eating with others each week.

Strategy 10 – Enjoy dining out and at favorite places.

No two people have the same nutritional needs, genetic makeup, or daily activities. The ten strategies are general guidelines which have helped my clients to increase their energy levels and achieve their weight loss goals. For an individually designed eating plan, I recommend that you meet with one of our nutrition strategists in person or over the phone to customize a plan for your needs and medical concerns. You may reach The American Dietetic Association at [www.EatRight.org](http://www.EatRight.org).

Let's begin with an Eating Survey. Complete the survey on the next page to evaluate how energizing your diet is now. Use your answers to tap into ways you may re-energize your meals.

## Eating Survey

Write your answer each question on a scale of 1-3 points.

1 point = Almost Never

2 points = Sometimes

3 points = Yes

Tally your score at the end.

1. \_\_\_\_ My meals are colorful and appealing.
2. \_\_\_\_ My food choices satisfy my cravings.
3. \_\_\_\_ I eat breakfast – or a meal – before starting my day.
4. \_\_\_\_ I take time to enjoy breakfast.
5. \_\_\_\_ I drink 64 ounces of water each day.
6. \_\_\_\_ I enjoy citrus fruits (orange, grapefruit, clementine, lemon) often.
7. \_\_\_\_ I have meals with fresh herbs each day.
8. \_\_\_\_ I enjoy peppers (chiles, sweet, jalapeno, salsa) a few times each week.
9. \_\_\_\_ I share meals with others each or more times each week.
10. \_\_\_\_ I have favorite places to eat and enjoy dining out.

Total \_\_\_\_

**Scoring:** If you scored above 25, you should be an energizer bunny and have an easy time releasing weight.

If you scored between 15-25, you are probably struggling with an “on/off” diet plan and need to re-strategize your eating habits.

If you scored under 15, you will greatly benefit from incorporating the ten energizing strategies.

The goal is to have a score of 3 on all strategies. Use the strategic advice that follows to improve your score.

## 10 Naturally Energizing Strategies for Losing Weight

### 1

#### Choose Colorful Meals

Choose freshly grown and prepared, aromatic, flavorful and vibrantly colorful foods. These foods offer nutrient power, natural fibers and energy for daily living. Try to incorporate vegetables into sandwiches, wraps. Mixed greens, cucumbers, tomato, red, green and yellow peppers, carrots and purple cabbage go well. Slice, dice or chop vegetables for variety.

It's simple to add vegetables and fresh herbs to omelets, salads and soups. Fresh green onions, red onions and parsleys can be chopped and tossed into meals just before serving.

*"My kitchen smells great and my salads looks so pretty."* - Minton Y. 29 year old Postal Carrier

### 2

#### Satisfy Your Cravings



Foods with great taste, crunchy texture and those you enjoy because of childhood memories all give us positive energy. Figure out your cravings. If you love crunch, try nuts or granola. If you enjoy creamy texture try greek yogurt. Mix the granola, nuts and yogurt together for a satisfying and nutritious meal or snack.

Being true to your hunger cravings can be energizing. Over eating or choosing foods which are high in sugars, fats and heavily factory processed zap your energy.

*"As a stress eater I have learned to "crunch" on snap peas."* - Beth M. 32 year old Mother

### 3

#### **Start Your Day with A Healthy Meal**

After a fast - 6 hours of not eating, your body is ready to be revitalized with a nourishing meal. Breakfast is the most important meal for most of us. Your first meal of the day should be attractive to the eye, nose and taste buds. It should have uplifting energy to support your brain for the start of your work day. It should provide steady energy for your body to work through the first few hours of your day. Skipping breakfast or having a poor nutritional choice can seriously derail you from a high-energy day. Nourishing breakfast choices can help control your cravings for artificial energizers such as caffeine, sugar and nicotine. See the "Meals & Recipes" section for meals, smoothies and juices you can try.

*"I hardly snack now. My meals are so yummy."* - Sandy S. 26 year old Graduate Student

### 4

#### **Take Time to Enjoy Your First Meal**

Enjoying a meal which makes you happy and healthy sets you up for a high-energy day. Listen to music, read the news and sit with family. Aim to balance healthy ingredients along with less nutritious ones. For example, many of my clients love chocolate. I recommend they have 20 dark chocolate morsels in a hot oatmeal, or a sprinkle of cocoa powder, in a morning latte.

*"I got a fancy mug for my tea and just love eating my oatmeal at home now."* - Maddy H. 25 year old IT Consultant

### 5

#### **Drink 64 ounces of water each day**

Water is necessary for life. As a fresh plant, flower, or leaf needs hydration to remain perky and physically sturdy, so do you. The most common cause of low energy and headache is dehydration. Drinking water throughout the day promotes better digestion and will keep you feeling lighter and energized. Your skin will be clearer and perkier with adequate water. Keep it interesting by trying a variety of water temperatures. Try it both flat and bubbly. Experiment with naturally flavored water by adding sliced fruit, vegetables, a squeeze of citrus, or a leaf of a fresh herb. Try supplementing your water intake with a splash of flavorful, antioxidant-rich fruit juice and herbal teas throughout the day. These beverages should have no artificial sweeteners and up to 1 teaspoon of raw sugar/honey/agave nectar or no have no added sugar.

*My co-workers love the cucumber mint water."* - Francine J. 32 year old Entertainment Associate

### **Inviting Ways to Drink Water**

- *Iced or room temperature water, bubbly or flat*
- *Add chips or fun-shaped cubes*
- *Add a squeeze of lemon or lime, slice of cucumber or fresh mint leaf*
- *Keep a pitcher with fresh lemon or orange slices floating*
- *Herbal in the pot or iced*
- *Add a splash of pomegranate juice, aloe vera or coconut water*
- *Drink from a fun glass, flute or travel container*
- *Use a fun straw or pitcher*

## **6**

### **Enjoy Fresh Citrus**

The scent of citrus is refreshing and energizing!

Citrus foods are packed with vitamin C, an immune-boosting antioxidant for active and energetic lifestyles. The peel is packed with rejuvenating phytochemicals.

Have a fresh navel orange for an afternoon snack. Toss two small clementines into your bag as an on-the-go snack. Add grapefruit sections to a salad. Squeeze lemon or lime juice into salads and beverages.

Use citrus in marinades or frozen orange juice concentrate as a glaze in cooking. Grate or zest the skin into recipes for soups, salads, dressings and baked items. Citrus may also be used as an appetizer (halved grapefruit, sectioned), with main dishes, as a palate refresher or as dessert.



## **7**

### **Get Herby!**

Fresh herbs have wonderful aroma and create full-bodied flavor in recipes.

Choosing fresh or dried herbs energizes the mind and body. Tone your immune and digestive systems, breathe better and cleanse your sinus system with herbs. Add a pot of fresh herbs to your kitchen or outdoor garden.

## 8

### **Turn Up the Heat with Peppers!**

Fresh peppers have a naturally energizing warmth. The natural sweetness and heat offer stimulation to the senses, digestion, and immune system. Peppers contain capsaicin, a natural antioxidant and metabolism booster to keep you energized

Get fired up with seasonally fresh sweet peppers in salads or roasted peppers on sandwiches and salads. Enjoy high heat varieties in salsa, hot sauces, marinades, soups, stews and chili. Add salsa to an omelet to spice it up. Use salsa over a baked potato or on a sandwich for extra flavor. Add freshly diced pineapple or mango into salsa for extra flavor.

*“By adding hot sauce to my roasted chicken salad I avoid the greasy chicken wings.”* - Mark L. 35 year old Internet Marketer

## 9

### **Share Meals with Others**

When we are in good company—with friends, family, special date, co-worker, loyal pet or at a local hangout with a favorite waitress—our energy is high.

Sharing mealtimes with others is part of the balanced energy a meal provides. When in good company, food tastes better, digestion is smoother. You will be happier, better rested and clearer-headed for the next part of your day. We are less apt to eat for emotional reasons such as stress, boredom, loneliness, anger when we eat in good company.

List places you enjoy eating or taking a break and relaxing at such a local café, park, the home of a friend, a favorite room in your home.

## 10

### **Be Happy Where You Dine**

Eating in places which make you happy are bound to energize you naturally!

Setting the mood can make it all work out right. Relax and smell the coffee, listen to the music, enjoy the cushy seating, and check out the people – at and away from home.

Keep your dining area clear and well lit. Choose a window seat with natural lighting.

Being served a meal in a favorite café or having a picnic in a pretty park make mealtime more enjoyable.

Choose dining establishments which allow you adequate time and where the wait staff is attentive to you.

List places you enjoy taking a break and relaxing at such a local café, park, the home of a friend, a favorite room in your home.

## **Energizing Weight Loss Eating Strategies & Meals**

Eating foods which are freshly grown is a key to having great energy! You will release tension – a major fatigue factor.

Many of my clients ask for advice on planning meals and easy recipes they can make. To get you started, I have outlined a week of meal plans.

I recommend you plan on taking two hours each week for food shopping and 30 minutes each day for food preparation.

That said, you need not cook each day to eat energizing meals.

Going to the market for fresh items is energizing. Handling fresh foods is energizing. As you create simple meals with fresh foods you will enjoy the rewards of feeding yourself more responsibly, economically and locally minded.

Let's get started.

I want you to experiment and practice making meals for yourself. Preparing energizing foods can be easy, quick and delicious!

To get you started on a plan for energizing, with beginner cooking and food preparation skills, I have created meals to choose from which require little-or-no cooking to begin your plan.

Preparation time is less than 10 minutes and ingredients should be easy to find in your local food stores.

The recipes are presented as fresh smoothies, juices, salads, sandwiches and warm meals.

## ***Energizing Breakfasts***

### ***Creamy Almond Butter, Banana, Berry Roll-Up***

1 Tbsp. Almond or No Sugar Peanut Butter  
½ Banana, sliced  
¼ Cup Mixed Berries, fresh or frozen thawed  
1, 6" Whole Grain Tortilla  
Green/Herbal Tea  
8 oz. Water with Squeeze of Lemon

Spread nut butter on tortilla, add banana and berries and roll-up.

### ***Hard Boiled Egg, Grain Toast, Fresh Citrus Slices***

1-2 Hard Boiled or Poached Eggs  
1-2 Slices Grain Toast  
Dash Hot Sauce  
½ Orange, ¼ Grapefruit or 1 Mandarin Oranges Sliced  
Green or Herbal Tea  
8 oz. Water with Squeeze of Lemon

Serve poached or hard boiled eggs over toast. Dash hot sauce over eggs.  
Serve sliced orange on the side.

### ***Juicy Melon, Cottage Cheese with Crunchy Nuts***

¼ Medium Cantaloupe Melon, seeds removed  
1/3 Cup 1% Fat Cottage or Ricotta Cheese  
2 Tbsp. Chopped Walnuts (or nut/seed of choice)  
25 Dark Chocolate Morsels  
Green or Herbal Tea  
8 oz. Water with Squeeze of Lemon

Serve melon with cheese and nuts sprinkled on top.  
Add chocolate morsels if desired.

### ***Scrambled Egg, Salsa, Avocado on Toast***

2 Scrambled Egg Whites with 1 Yolk  
¼ Cup Salsa  
3 Slices Avocado  
1 Grain Toast  
Small orange sliced  
Green or Herbal Tea  
8 oz. Water with Squeeze of Lemon

Scramble eggs with spray oil, add salsa, and sliced avocado. Serve with grain toast. Sliced orange.

### ***Easy Smoked Salmon, Cucumber, Tomato, Red Onion and Cream Cheese Roll-Up***

3 Slices Smoked Salmon  
6 Slices Cucumber  
4 Slices Tomato  
3 Slices Red Onion  
1 Tbsp. Fat-Free Cream Cheese  
2 Flat Bread Crackers  
Small Navel Orange Sliced  
8 oz. Water with Squeeze of Lemon

Spread cream cheese over crackers, layer salmon and sliced, cucumber, tomato, onion. Slice orange or section and serve on the side.

### ***Yogurt, Granola, Fruit, Chocolate Chip Parfait***

½ Cup Plain Low-Fat Yogurt or Cottage Cheese or Ricotta Cheese  
1/3 Cup Granola (no added sugar)  
1 Cup Mixed Fruit or Fruit Sauce (no added sugar)  
25 Dark Chocolate Morsels (optional)

Layer into tall glass alternating each ingredient.

## ***Smoothie and Juice Options***

### ***Refreshing Mango, Banana, Spinach Smoothie***

1/2 Cup Plain Yogurt or Almond Milk  
1/2 Cup Mango cubed fresh or frozen  
1/2 Banana  
1 Cup Fresh Spinach, washed  
2 Sprigs Fresh Mint, chopped  
1/2 Orange, Squeezed  
1/2 Lime, Squeezed

Place all ingredients in blender and blend until smooth or to desired texture.

### ***Berry Smoothie***

1 Cup Skim Milk  
1/2 Cup Mixed Berries  
2 Sprigs Fresh Mint  
1/2 Orange Squeezed

Place all ingredients in blender and blend until smooth or to desired texture.  
You may replace milk with water, soy or almond milk or plain low-fat yogurt.

### ***Sweet Green Juice***

1 Small Cucumber, cut in pieces  
2 Stalks Celery, cut into pieces  
1/2 Lemon, quartered  
1 Cup Kale, chopped  
1/2 Cup Orange Juice  
1 inch piece fresh Ginger, skin removed  
2 Iced cubes

Place orange juice, lemon and cucumber in blender and blend until smooth. Add celery, kale, ginger and blend adding ice-cubes until smooth.

### ***Honeydew Watermelon Cooler***

2 Cups Watermelon, cubed  
1 Small Cucumber, cut in pieces  
½ Cup Honeydew Melon, cubed  
2 Sprigs Fresh Mint

Ingredients can be chilled prior to juicing for better flavor. Place all ingredients in blender until smooth.

***Energizing Meals***  
*Sandwiches, Salads, Warm Meals*

***Yogurt Parfait of Fruits, Nuts, Chocolate Chips***

1 Cup Plain Low-Fat Yogurt  
½ Cup Mixed Fruit Salad  
2 Tbsp. Mixed Chopped Nuts  
25 Dark Chocolate Morsels  
8 oz. Water with Fresh Orange slice

Layer ingredient in glass.

***Warm Cheese Toast and Crisp Apple Slices***

2 Slice Grain Toast, Thin Style or Square Grain Crackers  
2 ounces Low-Fat Swiss or Gruyere Cheese  
½ Apple, Cored and Sliced  
½ Cup Baby Carrots  
8 oz. Bubbly Water  
Orange Spice Tea

Place cheese over bread and toast. Place apple slices and grapes over cheese toast. Alternate preparation is as a sandwich. Serve carrots on plate.

***Creamy Warm Ricotta Cheese Toast with Crunchy Walnuts, Honey Drizzle***

¼ Cup Low-Fat Ricotta Cheese  
1-2 Slices Grain Toast, Thin Style or Grain Crackers  
2 Tbsp. Crushed Walnuts  
2 Tsp. Honey  
8 oz. Green Tea

Toast bread or cracker and place ricotta cheese on top. Drop walnuts and drizzle honey over top.

Warm all in toaster oven for 30 seconds or in oven on 350 degree for 1-2 minutes until cheese is warm.

***Salad, White Bean/Chick Pea, Sweet Peppers  
And Avocado with, Orange Dressing***

1 Cup Mixed Red, Orange, Yellow Peppers, Thinly Sliced  
1/8 Medium Avocado, sliced  
½ Orange, 3 Thin Slices with rind removed for salad, Remainder Squeezed  
½ Cup White Canneloni Bean, Chickpea or other bean of choice  
1 Tbsp. Red Onion, Chopped for salad dressing  
2 Sprigs Fresh Cilantro, chopped  
1 Tbsp. Olive Oil  
1 Tbsp. Vinegar of choice  
1 Tbsp. Lime Juice

Slice peppers and place in bowl. Add rinsed and drained beans, avocado slices. Cut the 3 thin orange slices into pieces and toss into salad bowl. Squeeze remaining juice from orange into bowl; add olive oil, lime juice, cilantro, pepper, salt and toss. Serve freshly made or chill and add dressing before serving.

***Chopped Spinach, Feta, Tomato and Cous-Cous***

1 Cup Spinach, chopped  
1/3 Cup Cous-Cous Cooked  
2 Tbsp. Feta, Crumbled  
1/2 Medium Tomato, sliced into 10 pieces or 5 Grape Tomatoes halved  
1 Tsp. Black Pepper Ground

Wash, dry and chop spinach and place in bowl. Add cooked cous-cous, feta and tomato and toss. Top with ground pepper and serve.

***Turkey, Roasted Red Peppers/Salsa with  
Avocado Sandwich***

2 Slices Thin Grain Bread or 1, 6" Grain Wrap  
4 ounces Turkey Breast Sliced or Freshly  
2 Large Sliced Roasted Red Pepper or 2 Tbsp. Prepared Salsa  
1/4 Medium Avocado, Skin removed and Sliced  
2 Large Lettuce Leaves, washed  
½ Cup Carrot Sticks

Layer turkey slices over bread, then lettuce, avocado and peppers or salsa on fresh or toasted bread or in wrap. Serve as sandwich or open faced or rolled up with carrot sticks.

### ***Mozzarella Cheese, Tomato, Pesto***

- 2 Ounces Part-Skim Milk Mozzarella Cheese Sliced or in Balls
- 1 Small Tomato, Sliced
- 1 Tbsp. Pesto
- 2 Slices Thin Bread or Large Grain Crackers

Spread pesto on toasted or fresh bread or cracker, layer cheese and tomato slices. Serve open faced or as sandwich.

### ***Hummus & Basil Wrap with Cucumbers & Carrots***

- ¼ Cup Hummus
- 1, 6" Grain Wrap
- 4 Basil Leaves, rinsed and dried
- 1 Small Cucumber, peeled, sliced
- ½ Cup Carrot Sticks

Spread hummus over wrap. Layer basil leaves and cucumber slices. Roll up and cut into two pieces. Serve with cucumber and carrots.

### ***Warm Chicken, Watercress, Avocado, Kidney Bean, Cucumber and Tomato Salad***

- 4 oz. Chicken Breast, diced (warm or chilled)
- ½ Bunch Fresh Watercress, rinsed and chopped
- ¼ Medium Avocado, diced
- ½ Cup Kidney Beans, rinsed
- 1 Small Cucumber, peeled and sliced
- 1 Small Tomato, sliced
- ¼ Fresh Lemon
- Black Pepper, coarsely ground
- Salt, coarsely ground

Place all ingredients in bowl and toss. Add lemon, pepper, salt to taste.

### ***Shrimp, Chili Sauce, Lettuce, Cucumber, Celery, Radishes***

6 Medium Shrimp, boiled and chilled  
3 Tbsp. Cocktail Sauce  
1 Small Cucumber, slices  
1 Stalk Celery, cut into sticks  
3 Radishes, quartered  
Lemon Wedges

Place ingredients on plate. Spoon cocktail sauce over shrimp. Squeeze lemon over shrimp.

Serve with salad dressing.

### ***Veggie Burger Delight***

1 Frozen Veggie Burger, microwaved  
1 Multi-Grain Roll or 2 Sliced Thin Bread  
1 Small Tomato, sliced  
2 Leaves Romaine Lettuce  
1 Tsp. Mustard  
1 Tsp. Ketchup

Prepare burger with trimmings. Serve with carrot sticks and 1 cup ounce baked chips.

### ***Tuna Salad with Green Beans, Radish, White Beans and Tomato***

3.5 Tuna, canned in water or freshly cooked  
½ Cup Fresh Green Beans, rinsed and cut  
½ Cup White Beans  
1 Small Tomato, cut up  
1 Tbsp. Olive Oil  
1 Tbsp. Lemon Juice  
Crack of Black Pepper  
1 Tsp. Capers, chopped

Place all ingredients in bowl and toss.

***Arugula Salad with Salmon, Lentils,  
Grated Parmesan and Red Pepper***

4 ounces Salmon, Freshly cooked or canned, pouched  
1 Cup Arugula leaves, torn  
½ Cup Lentils  
2 Tbsp. Grated Parmesan Cheese or Flakes  
½ Red Pepper, freshly sliced or jarred roasted

Place all ingredients in bowl and toss.

***Salmon, Mango, Papaya and Cilantro Lime Salad***

4 ounces Poached Salmon  
1 Cup Romaine Lettuce, Chopped  
¼ Cup Mango, diced  
¼ Cup Papaya, diced  
1 Tbsp. Fresh Lime Juice  
1 Tbsp. Olive Oil  
1 Tbsp. Chopped Cilantro Parsley

Make bed of lettuce on plate and place fish on top.  
Mix remaining ingredients and toss over fish. Serve warm or chilled.

***Turkey Cutlet, Zucchini, Peppers, Wild Rice***

1 Medium Turkey Breast Cutlet, Diced  
½ Cup Zucchini, sliced and steamed  
1 Cup Fresh Peppers, Mixed Colors  
½ Cup Wild Rice, precooked in pouch, heated.  
1 Tbsp. Olive Oil for Cooking

Place oil ingredients into steamer until cooked or stir fry with olive oil.  
Serve with rice.

### ***Orange Chicken, Cashews, Romaine Lettuce***

1 Medium Chicken Breast, Steamed, Diced  
½ Orange, Sectioned  
½ Orange, Juiced  
2 Tbsp. Cashew Pieces  
1 Cup Romaine Lettuce, Chopped  
1 Tbsp. Olive oil  
1 Tsp. Low-Sodium Soy Sauce

Place all ingredients in bowl and toss.

### ***Cold Chicken, Watermelon, Feta, Mint Salad***

1 Chicken Breast, Diced  
1 Cup Watermelon, Cubed  
1 Cup Romaine Lettuce, Chopped  
2 Tbsp. Feta Cheese, Crumbled  
1 Tbsp. Fresh Mint Leaves, Chopped  
Squeeze of Lime

Place all ingredients in bowl and toss.

## ***Simple Salad Dressings***

A tasty salad dressing can make all the difference when you want to include more salads in your daily menus. Try these simple dressings. Experiment with them over warm and cold dishes. Each recipe is for one meal. Ingredients may be prepared and mixed whisked together.

### ***Balsamic Herb Dressing***

1 Tbsp. Olive Oil  
1 Tbsp. Balsamic Vinegar  
1 Leaf Fresh Oregano, finely chopped  
1 Leaf Fresh Basil, finely chopped  
Crack of Pepper  
Crack of Salt

### ***Garlicky Dressing***

1 Tbsp. Olive Oil  
1 Tbsp. Lemon Juice  
1 Tbsp. Chopped Parsley  
1 Garlic Clove, crushed  
Crack of Pepper  
Crack of Salt

### ***Hot Cucumber Vinegar***

2 Tbsp. Rice Vinegar  
1 Tbsp. Cucumber, finely chopped  
1 Tbsp. Red Onion, finely chopped  
1 Scallion Chopped  
¼ Tsp. Red Pepper Flake

### ***Hot Orange and Cilantro Dressing***

1 Tbsp. Frozen Orange Juice Concentrate  
Dash of Hot Sauce  
1 Tbsp. Olive Oil  
1 Tbsp. Water  
1 Tbsp. Chopped Cilantro

### ***Soy, Scallion and Sesame Dressing***

1 Tsp. Low-Sodium Soy Sauce  
1 Tbsp. Scallion, chopped  
1 Tbsp. Rice Vinegar  
1 Tsp. Toasted Sesame Seeds

### ***Red Wine Herb Dressing***

1 Tbsp. Olive Oil  
1 Tbsp, Chopped Fresh Basil  
1 Tbsp. Chopped Fresh Oregano  
1 Tbsp. Red Wine Vinegar  
Crack of Pepper  
Crack of Salt

## Reasons Why You May Crave Certain Foods

*Use this table of qualities to identify foods you crave. To get in better touch with your cravings, consider these choices as part of daily meals.*

 <b>Aroma</b>	 <b>Warming – Comfort Foods</b>	<b>BITTER</b> <b>Bitters</b>
Chai	Soups – Stews	Leafy Greens
Cinnamon	Warm Bread	Coffee
Rosemary	Root Vegetables	Dark Chocolate
Oregano	Parsnip	Angostura Natural Bitter
Parsley, Cilantro	Potato, Sweet and Yam	Citrus Rind – Zest
Basil	Baked Apple	Ginger
Thyme	Poached Pear, Fruit Sauces	
Tomato Sauce	Hot Peppers	
Garlic	Roasted Chestnuts	
Citrus	Winter Squash	
Fennel, Anise	Pasta - Rice	

 <b>Crunchy</b>	<b>CREAMY</b> <b>Creamy</b>	<b>CHEWY</b> <b>Chewy</b>
Granola	Nut Butter (Almond, Peanut)	Jerky (Soy, Turkey, Vegan)
Oats	Yogurt, Frozen Desserts	Licorice
Popped Corn	Avocado	Gelatin
Roasted Edamame	Pesto	Gum
Pretzels	Ricotta Cheese	
Bread Crust	Milk – cow, hemp, soy	
Baked Chips	Coconut	
Celery, Carrots	Mashed Sweet Potato	
Snap Peas	Creamed Soups, hot cereal, porridge	
Grain Cereal	Cheese Sauce	

 <b>Sweet</b>	<b>SOUR</b>  <b>Sour</b>	 <b>Spicy</b>	 <b>Salty</b>	 <b>Burn/Bubbly</b>
Dried fruit	Lime	Salsa	Olives	Carbonated Tea
Fresh Fruit	Curry	Lemon	Salt Rubs	Seltzers/ Waters
Frozen Fruit Bar	Kiwi	Chili Peppers	Anchovies	Ice Cubes
Dark Chocolate	Starfruit	Jalapeno Pepper	Capers	
Berries	Berries	Dried Pepper Flakes	Pickles	
Melon	Unripened Fruit	Hot Sauces	Mustard	
Pineapple	Pickled Foods	Hot Candies	Soy Sauce, Miso	
Mango		Onion, Garlic	Baked Chips	

 <b><i>Favorites</i></b>	COMFORT <b><i>Comfort Food</i></b>	 <b><i>Eating Situation</i></b>
Family Recipe	Health Remedy	Eating Alone
Travel, Holiday, Airport	Familiar Food	Sitting on Couch, Favorite Chair, in Bed
Special Social Event	Childhood Favorite	Using Favorite Utensil, Mug Bowl, Glass
Sporting Event	Prepared by another person	Using a Straw, Chopsticks, Piece of Cutlery
Entertainment		Favorite Glass, Bowl or Service/Cookware, Pretty Place-Setting

## **Bonus Strategies for Building Natural Energy**

Building natural energy must begin with eating well. Adding strategies which help to balance and strengthen your natural energy are equally important.

I strongly encourage you to include these revitalizing and relaxing approaches.

### **Sleep**

Rest and restore with sleep. The body needs sleep as it does food to survive. Better sleep and proper food create great energy. You will be more apt to eat properly when you have adequate sleep. When sleep deprived we often eat poorly; skip meals, choose high sugar, high fat fast foods, take higher sugar beverages and artificial sources of energy including sugar, caffeine, alcohol, nicotine.

*“I was eating late at night when I was more tired than hungry. I was eating to stay awake. Now I do not eat after dinner and I sleep better.”* Nicole A. Graduate Student

### **Massage**

Relax and restore your muscles and mind with massage. Better breathing, digestion and posture all help maintain a healthier weight. Massage helps balance hormones, reducing stress levels and the bodies desire to store fat. Self- massage and professional massage are both beneficial.

Include the body and face in your massage routine.

*“I was a terrible stress eater. Massage has helped me to relax and regain awareness of my stress level.”* Sandy R. 27 year old Customer Service Consultant

### **Yoga**

Centering and mindful, yoga can play a helpful role in your overall energy. Better posture, balance, breathing and circulation are benefits of yoga. Increased mental and physical energy are some of the ways yoga increases energy levels and promotes healthy eating.

*“I have tried many styles of yoga and I mostly enjoy breathing fuller and feeling more relaxed. My energy is super.”* Nanci T. 43 year old Mother of three.

### **Reflexology**

Using the foot and hand as maps for the body, reflexology acupressure is very balancing to overall energy. Increase in natural blood flow, oxygenation and deep relaxation help to de-stress your mind. Your digestion, metabolism and overall energy level can improve with this energy-based medicine.

*“Was pleasantly surprised when my digestion improved with reflexology. So relaxing too.”* Loren J. 27 year old Teacher

## **Meditation**

Mental and physical calm is relaxing and energizing. Peacefully rebalancing your mind and body will allow you to release weight easier and have more focused energy.

*“Meditation is so simple, yet so powerfully energizing for me. I should have started years ago.” Jamela M. 46 year old Marketing Executive*

## **Aromatherapy**

Scent is the most primitive of the five senses. The scent of a familiar food, place or person is calming. Refreshing mint, uplifting citrus, relaxing lavender. The aroma of your food can balance your mood. Aroma can naturally tame and energize your mind and body. Choose fresh, organic ingredients and products..

*“I carry a lavender sachet in my bag. It makes me peaceful.” Sam Z. Yoga Instructor*

*“I always liked the smell of grapefruit, now I eat grapefruit more often because of the smell.” Lyndon L. 25 year old Cosmetics Marketer*

## 4. Resources

### Your Medical Team

- Include physical activities
- Include dietary support
- Support groups
- Worksite strategies

### Websites:

MSActiveSource.com has basic information.

The dietary recommendations are a good start.

Many people benefit from additional support from personalized nutritional recommendations.

[www.Eatright.org](http://www.Eatright.org) – To find a dietitian

Seek a medical facility/team with allied health professional support.