

How to Trick Your Body Into Eating Healthier and Less Food

ALL TRICKS ARE RESEARCH AND EVIDENCE BASED

RECORD WHAT YOU EAT

Hundreds of studies have proven that just the act of recording what you eat will make you lose weight. For this week, make sure to write down every single thing you consume. — *American Journal of Preventive Medicine*

MEASURE, MEASURE, MEASURE

Studies show that the act of measuring alone cause people to eat less of that item. You will be surprised of how much you are eating until you start measuring. Buy yourself measuring cups and a food scale. — *Obesity*

SLEEP!!!

When you have slept 8 hours per night, you will make better decisions about your eating. Studies have shown that sleep deprived people will eat more calories and consume a diet higher in fat than when they have slept at least 8 hours. — *Power Sleep*

BREAKFAST - IT'S NOT JUST A HYPE

Your body has just been fasting for 9+ hours. It is unhealthy to skip breakfast and doing so will slow down your metabolism for the day as your body will continue to remain in the starvation mode. Try to pick a breakfast that is high in protein (>5 g) & fiber (>4g), and low in sugar (<7g). — *Obesity*

EATING SOUP OR SALAD BEFORE A MEAL WILL DECREASE YOUR TOTAL CALORIES.

Soup and salad fill you up, causing you to eat less for that meal. It takes your body 20 minutes after eating for it to realize you are not hungry anymore. Choose broth-based soups over creamy soups as creamy soups tend to be higher in fat. Always ask for dressing on the salad on the side and put on what you think is appropriate.

— *The Volumetrics Weight-Control Plan*

CUT REGULAR SODA FROM YOUR DIET

Studies have proven that drinking a 200 calorie drink will not cause you to eat 200 less calories of food that day. Soda has a lot of concentrated sugar that spikes your blood glucose levels, which is unhealthy. Try diet soda instead. — *The Volumetrics Weight-Control Plan*

KEEP TRIGGER FOODS OUT OF REACH

Keep foods that you know you have poor self control with out of the house. — *Appetite Journal*

EXERCISING

Although studies are controversial whether exercising will lead to weight loss, there is ZERO controversy about how good exercising is for your health. Moving around lowers your risk to about every possible disease in existence. Dietary Guidelines for Americans recommends at least 30 minutes of exercise per day.

— *Dietary Guidelines for Americans 2010*

BE PREPARED

You are more likely to eat healthier if you bring your own lunch to work. Pack healthy snacks so you don't head towards the vending machines (ie, energy bar, banana, apple)

LIMIT YOURSELF TO ONLY 1 ALCOHOLIC DRINK FOR WOMEN AND 2 FOR MEN

Not only is alcohol high in calories (3 drinks) the amount of calories in a McDonalds cheeseburger), but studies show that alcohol primes the appetite. A study found that men who drank wine with dinner consumed an additional 200 calories during that meal.

— *Laval University, Quebec, Canada*

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Healthy Recipes

SAUTÉED ZUCCHINI GARDEN (SERVES 4)

Ingredients:

- 2 tbs olive oil
- 1 clove garlic, finely chopped
- 1 medium onion, sliced
- 2 medium zucchinis, thinly sliced
- 1/2 cup diced fresh tomato
- 1/8 tsp dried oregano
- Dash of salt and freshly ground pepper

Instructions:

1. Heat olive oil in medium skillet. Sauté garlic and onion for 1 minute.
2. Add zucchini, tomatoes, and oregano.
3. Cover and cook for 5 additional minutes until zucchini is just tender.
4. Season to taste with salt and pepper.

Nutrition:

Serving Size: 1/4 of recipe 84 calories, 7 g fat 1 g saturated fat, 1.6 g fiber, 2.5 g sugar, 28% Vitamin C

HONEY-SOY BROILED SALMON (SERVES 4)

Ingredients:

- 3.5 tbs reduced-sodium soy sauce
- 1.75 tbs rice vinegar
- 1.75 tbs honey
- 1.75 pound of salmon filet (split into 4 portions)

Instructions:

1. Whisk soy sauce, vinegar, and honey in a medium bowl until the honey is dissolved.
2. Place salmon in sealable plastic bag and add 4 tbs of the sauce and refrigerate; let marinate for 15 minutes. (Or split the salmon into 4 pieces and put each piece with 1 tbs sauce in its own plastic bag). Reserve remaining sauce.
3. Preheat broiler. Line a small baking pan with foil and coat with cooking spray.
4. Transfer the salmon to the pan, skinned-side down (Discard the marinade). Broil the salmon for 4-6 inches from the heat source until cooked through for 6-10 minutes.
5. Drizzle with reserved sauce and garnish as you wish. I garnished mine with pomegranate seeds!

Nutrition:

Serving Size: 1/4 of recipe or 7 oz salmon, 398 calories, 11 g carbohydrates, 35 g protein, 12% Vitamin C, 22 g fat, 5 g saturated fat, 88 mg cholesterol

BAKED ASPARAGUS PARMESAN (SERVES 3)

Ingredients:

- 1 pound of asparagus (or 15-20 large spears)
- 1.5 tbs olive oil
- 1/3 cup grated Parmesan cheese
- Salt and pepper to taste

Instructions:

1. Preheat oven to 400 F. Spray a foil-lined baking sheet with nonstick spray and place the asparagus on the baking sheet. Drizzle asparagus with the olive oil and parmesan cheese and toss well.
2. Bake for 8-10 minutes.

Nutrition:

Serving Size: 1/3 Recipe, 124 calories, 2.5 g carbohydrates, 2 g fiber, 5 g protein, 173 mg sodium, 10 g fat, 3 g saturated fat, 16% Vitamin A, 36%

PESTO ROASTED YELLOW SQUASH (SERVES 4)

Ingredients: (Serves 4 as a side dish)

- 4 medium yellow squash, cut into 1/2" slices
- 1 tbs olive oil
- Salt and black pepper to taste
- 1/4 cup Pesto sauce

Instructions:

1. Preheat oven to 400 F. Toss squash with 1 tbs olive oil, salt and pepper.
2. Arrange squash in a single layer on a roasting pan. Roast for 12-15 minutes. Then, turn over squash pieces. Roast for an additional 12-15 minutes until squash softens and starts to brown slightly.
3. In a serving bowl, mix pesto sauce and squash. Serve hot. Enjoy! :)

Nutrition:

Serving Size: 1/4 recipe, 123 calories, 7.6 g carbohydrates, 2 g fiber, 3 g sugar, 3 g protein, 12 g fat, 1 g saturated fat, 9% Vitamin A, 61% Vitamin C, 5% calcium

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