



Dear diary... Write down what you eat to consume less and enjoy your meals more

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If you've ever kept and reread a journal, you know how revealing it can be to look back at your younger self (oh, the great loves and family dramas!). Keeping a food diary can be equally insightful, whether helping you to maintain or lose weight, or ensuring that you're eating a nutritious diet. Whether you use an app or a good old-fashioned notebook, writing down what you consume will give you a better sense of your eating habits.

Writing it down will help you:

1. Be realistic about portions.

Our supersized culture has many of us eating much more than an actual serving, especially when dining out. For example, did you know that a four-ounce serving of chicken, fish or beef is roughly the size of a deck of cards?

2. See where your dietary detours occur.

Maybe you eat well all day, but watching Game of Thrones throws you into a sweet-treat frenzy! If your goal is to consistently eat a nutritious diet and maintain your weight, keeping a food diary will help you stay motivated and shine a spotlight on your habits.

3. Rein in the mindless munching.

From the office kitchenette to the major league ballpark, opportunities to snack (and make healthy choices) are everywhere! Keeping a food diary will increase your awareness of where your calories are coming from — both main meals and snacks. It may also motivate you to swap nutritionally bankrupt snacks like chips and crackers to more delicious and nutritious options like carrots with hummus, apple slices with peanut butter, or one of the best and easiest snacks of all — nuts.



By: Cleveland Clinic Wellness Editors

This Week,
Add a New

Green
to Your Plate!

Have you ever noticed that you eat the same greens day in and day out with no variety? Perhaps you choose the nutrient zero (but very popular) iceberg lettuce for your daily salad? Although eating most greens provides great dietary benefits, adding variety means that you're introducing lots of new nutrients to you and your family – which is always a good thing! This week, try arugula. Found in grocery stores, farmers markets and Italian eateries, arugula (also known as “rocket”) is a peppery green that is low in calories and high in vitamins A and C and the mineral calcium. It's chock-full of anti-oxidants and tastes great with a lemon and olive oil dressing. To kick up the nutrients even more, you can add strawberries to your arugula salad. Strawberries have been shown to help in the reduction of heart disease as well as help with regulation of blood sugar. Doesn't that sound far more fabulous and nutritious than your regular iceberg?

By: Kristin Kirkpatrick, MS, RD, LD

You don't have to shell out big bucks to get the nutritional benefits of nuts.

You can get them for peanuts!

Peanuts pack a real nutritional punch in each little legume — protein, fiber, healthy fats, a whole host of essential vitamins and minerals — and eating them may protect against cardiovascular disease, just as more expensive tree nuts do. We've known for years that people who eat tree nuts — almonds, walnuts pistachios, etc. — are less likely to develop cardiovascular disease than people who don't eat nuts. However, new research has found that peanuts (which are actually legumes) confer the same heart-healthy benefits. Buy them unsalted (raw or roasted) and aim for a handful (one or two ounces) a day. While eating them at snack time is a no-brainer, they're also delicious added to salads at mealtime. And don't forget to enjoy those walnuts too! They're great for your joints, brain and eyes.

Eating peanuts may protect against cardiovascular disease, just as more expensive tree nuts do



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Healthy Recipe: White Bean Chicken Chili

This piping hot entree is perfect after a football game or to warm up on cool nights. It's also a great way to get protein and fiber, along with vitamins A and C, calcium and iron

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Yield: 12 servings

Ingredients:

- 2 cups small diced sweet onion
- 2 tablespoons olive oil
- 4 teaspoons chopped fresh garlic
- 48 ounces low sodium chicken broth
- 2 pounds skinless, boneless chicken breast
- 4 ounces canned fire-roasted chili peppers, chopped
- 3 cans of great northern beans (15.5 oz. each), rinsed and drained
- 2 teaspoons ground cumin
- 2 teaspoons oregano
- 3 teaspoons chili powder
- ¼ teaspoon cayenne pepper (optional)
- ¼ teaspoon Ancho chili powder
- 1 can diced tomatoes (14.5 oz.)

Instructions:

1. In a large pot or stockpot, sauté onion in olive oil until transparent; add garlic and sauté 2 minutes.
2. Add chicken broth and chicken breast, and gently simmer until chicken is cooked.
3. Remove chicken. Dice chicken and skim any fat from top of broth.
4. Add diced chicken, chopped chili peppers, great northern beans, cumin, oregano, chili powder, cayenne if desired, Ancho chili powder and diced tomatoes.
5. Gently simmer for 45 minutes.
6. Serve immediately over cooked brown rice, garnished with cooked broccoli; or let cool, place in a covered container, and refrigerate.

Nutrition Info Per Serving:

(1 cup) 230 calories, 4.5 g total fat, 1 gram saturated fat, 0 trans fat, 24 g protein, 23 g total carbohydrate, 6 g fiber, 4 g sugar, 50 mg cholesterol, 270 mg sodium