

Nutrition Corner

Welcome to our first edition of Healthy Connections. We are happy to have a way to keep in touch with you, provide you some relevant information when it comes to staying healthy both in body and mind, and let you know what is going on around our office!

As the Registered Dietitian here, I look forward to working with and supporting you toward your long term goals of getting to, but more importantly staying at, a healthy weight. All too often I hear from my patients that they've lost the same 20, 50 or even 100 pounds over and over again only to gain it all back. Well, I am here to tell you that does not have to happen anymore!

Diets so often fail because they offer logical nutritional advice as if the only thing keeping us from losing weight is knowledge. Yes, the education is very important, but I am pretty sure we all know that an apple is a better choice than a cupcake! When our emotions hijack the process, we are left in an unhealthy cycle and that cupcake sounds and feels a whole lot better in that moment.

Want to keep this conversation going? I look forward to seeing you at our next support group! Please see our Calendar of Events for details!

Until next time, be mindful, stay positive, and keep moving! -Kelly Faulstich, RD

Recipe of the Month

Black Bean-Quinoa Salad with Basil Lemon Dressing



Quinoa contains more protein than any other grain. Edamame makes a tasty substitute for lima beans in this recipe. For an attractive presentation, serve the salad on a bed of baby greens or spinach

Ingredients

- 1 ½ cups uncooked quinoa
- 3 cups organic vegetable broth (such as Swanson Certified Organic)
- 1 (14-ounce) package reduced-fat firm tofu, cut into 1/4-inch cubes
- 3 tablespoons olive oil, divided
- 1 1/4 teaspoons salt, divided
- 1 cup chopped fresh basil
- 3 tablespoons fresh lemon juice
- 2 tablespoons Dijon mustard
- 1 teaspoon sugar
- 2 teaspoons grated lemon rind
- 1/2 teaspoon freshly ground black pepper
- 3 garlic cloves, minced
- 1 (10-ounce) package frozen baby lima beans
- 4 cups chopped tomato (about 3 medium)
- 1/2 cup sliced green onions
- 1/2 cup chopped carrot
- 1 (15-ounce) can black beans, rinsed and drained

Preparation

Combine quinoa and vegetable broth in a saucepan; bring to a boil over medium-high heat. Cover, reduce heat, and simmer 15 minutes or until broth is absorbed and quinoa is tender. Remove from heat.

Place tofu on several layers of paper towels; cover with additional paper towels. Let stand 5 minutes. Heat 1 tablespoon oil in a large nonstick skillet over medium-high heat. Add tofu; sprinkle with 1/4 teaspoon salt. Sauté tofu 9 minutes or until lightly browned. Remove from heat; cool completely.

Combine remaining 2 tablespoons oil, remaining 1 teaspoon salt, basil, and next 6 ingredients (through garlic) in a large bowl; stir with a whisk until blended. Stir in quinoa.

Cook lima beans according to package directions, omitting salt and fat. Cool completely. Add the lima beans, tofu, chopped tomato, green onions, chopped carrot, and black beans to quinoa mixture; stir gently to combine. Store, covered, in refrigerator until ready to serve.

Nutritional Information:

Calories 232
Calories from fat 24 %
Fat 6.2 g
Sat fat 0.6 g
Mono fat 3.7 g
Poly fat 1.2 g
Protein 9.8 g
Carbohydrate 35.1 g
Fiber 6.7 g
Cholesterol 0.0 mg
Iron 3.8 mg
Sodium 722 mg
Calcium 68 mg

Mental Health Corner

In order to understand your weight problem, it is important to know whether or not you are an emotional eater. When we eat, our bodies produce a neurotransmitter called dopamine that makes us feel

good. In fact, it feels great! This is the same neurotransmitter that is involved in any kind of addiction (drugs, sex, gambling, etc.). So if you are depressed and you eat that cupcake, dopamine is released and you get an instant mood boost. It works! But then the good feeling wears off, so you have to eat another one, or 3, or dozen. This obviously leads to weight gain unless the underlying emotion is addressed. So how do you know if you are an emotional eater? If you answer yes to any of the following questions, you are probably eating based on emotions rather than hunger:

Do you eat more when you're feeling stressed?
Do you crave comfort foods?
Does your hunger come on suddenly?
Do you eat when you're not hungry?
Do you eat to soothe yourself when you are sad, mad, bored, anxious, etc.?
Do you eat mindlessly?
Does your hunger go unsatisfied?
Do you reward yourself with food?
Do you eat until you've stuffed yourself?
Does food make you feel safe?
Is food a friend?
Do you feel powerless or out of control around food?

If you answered yes to any of these, stay tuned for next month's newsletter when I'll provide tips for stopping emotional eating!

-Vicki Grove, LMFT

