



In this issue:

- Feel Lean and Trim
 - Healthy Portion Sizes
- Clinic News
- Herbs & Nutrients to Boost Your Metabolism
 - Naturopathic Portions per Day
- Move your Body to Lose Weight
 - Wash your Weight Away
- Recipe: Curried Potato and Tofu Salad

Feel Lean and Trim this Summer

Due to the great turnout for our recent childhood nutrition workshop, and in follow-up to last issue's topic, blood sugar management, we have decided focus this summer's newsletter on weight management. The incidence of adult and childhood obesity is reaching alarming rates. With healthy information and by setting a good example for our children, this need not be the case.

Body weight and especially fat distribution in the body can very much influence long term health. Obesity and overweight increase the risk of cardiovascular disease, non-insulin dependent diabetes, Cancers (especially colon, rectal, and prostate in men and cervical, ovarian, breast, and gallbladder in women), joint pain and inflammation, and reproductive problems (ovulation & menstruation in women and impotence & decreased sperm production in men). With this in mind, exercise and proper nutrition can play a big role in helping to reduce overweight and maintain healthy weight.

Today, most restaurants fail to serve appropriate portion sizes, instead serving food that is 2-3 times what we actually need. Here, we will discuss proper food portions for the *entire* family, and how many portions per day are necessary, making it easier to know that you are in taking an appropriate amount of food.

Next we will outline some tips for weight loss. Here's to feeling lean and trim this summer!

Healthy Portion Sizes

Category	Food	Toddler (2-3yrs)	Preschooler & Young School Kids (4-8yrs)	Older Children & Teens (8yrs +)	Adult
Grain	Bread	¼ - ½ slice	½ slice	1 slice	1 slice
	dry cereal	¼ cup	½ cup	¾ - 1 cup	1 cup
	cooked cereal	¼ cup	½ cup	¾ - 1 cup	1 cup
	Pasta	1-2 Tbsp	2-4 Tbsp	4-5 Tbsp	1/3 cup
Fruit & Vegetables	Fresh fruit	½ piece	½ piece	1 piece	1 piece = size of tennis ball
	Cut fruit or berries	¼ cup	½ cup	¾ cup	¾ cup
	Cooked vegetable	1-2 Tbsp	1/3 cup	½ cup	½ cup
	Fresh veg - green	¼ cup	½ cup	¾ - 1 cup	1 cup
	Fresh veg - starchy	1-2 Tbsp	1/3 cup	½ cup	½ cup
Proteins	Yoghurt, milk, milk alternative	1/3 cup	½ cup	1 cup	1 cup
	Cheese	½ ounce	½ ounce	1 ounce	1 ounce = size of a small matchbox
	Egg	½	1	1-2	1-2
	Nuts & nut butter	½ Tbsp	½ Tbsp	1 Tbsp	1 Tbsp
	Meat, poultry	1 ounce	1 ounce	2-3 ounces	3 ounces = size of deck of cards
	Fish	2 ounces	3 ounces	3-4 ounces	4 ounces = size of computer mouse
	Beans	2 Tbsp	2-4 Tbsp	4-6 Tbsp	¼ cup
	Tofu & Tempeh	2 ounce	3 ounces	3-4 ounces	4 ounces

Healthy Ways to Keep Mosquitoes Away

You can protect yourself and your family from mosquitoes without using DEET. These are just a few essential oil-based products available.

Druide Citronella Insect Repellent Spray Lotion: sweat resistant, contains antibacterial essentials oils and coconut oil. (www.druide.ca)

All things Jill Bug Joose! Moisturizing Outdoor Spray: witch hazel-based repellent with pure essential oils and aloe vera. (www.allthingsjill.ca)

Natrapel Citronella Insect Repellent: plant-based formula that is safe for children and those with sensitive skin. Available in health and sporting goods stores.



Clinic News

Our Childhood Nutrition Workshop on May 5th was a great success. Thank you to those who came out for helping us celebrate Naturopathic Medicine Awareness Week.

Watch for email notices about future workshops.

Sylvie Hebert is available for CranioSacral therapy Tuesdays from 11am-5pm.

Lori Goldblatt is available for Reiki treatments Fridays from 9:30 to 4pm, and Tuesdays by appt only.

Meghan Lederman is available for Cognitive Behavioural Therapy sessions on Mondays from 9am to 4pm.



Naturopathic Portions per Day

Food Group		Servings per day, use your age-appropriate portion sizes
Grains/Starches		4
Fruits & Vegetables	Fruits	2
	Vegetables	4 minimum
Proteins Protein should be included with each meal and snack. Alternate between sources.	Fish	1 (2 portions per week minimum)
	Meat, Poultry	1
	Beans/Tofu	4-5
	Nuts	2
	Dairy – milk, cheese, milk alternatives, yoghurt	2

Herbs to Boost your Metabolism

Maca (*Lepidium peruvianum chacon*) is a Peruvian vegetable that has been harvested for over 2000 years. Maca increases energy, stabilizes blood-sugar, hormone & cortisol levels, and influences fat metabolism.

Green Tea extract (*Camellia sinensis*) is used for weight loss by increasing metabolism through thermogenesis - thereby burning off fat.

Rhodiola (*Rhodiola rosea*) has been used to prevent fatigue and enhance physical and mental performance. Rhodiola helps to stabilize cortisol levels, which can decrease abdominal fat accumulation.

Cinnamon (*Cinnamomum zeylanicum*) helps to stabilize blood-sugar, thereby decreasing cravings, and helping to improve mood and metabolism.

Aromatic herbs

The following herbs and spices may help with weight loss due to their antioxidant, thermogenic, and blood-sugar normalizing effects:

- Ginger
- Cayenne
- Turmeric
- Peppermint
- Cloves
- Rosemary



Nutrients to Boost Metabolism

Conjugated Linoleic Acid (CLA) - a fatty acid that is naturally found in beef and dairy products. May aid in weight loss by decreasing fat absorption and increasing the breakdown of stored fats.

Fibre helps to stabilize blood-sugar levels, and increase excretion of fats thereby improving cholesterol levels. During weight loss, toxins move from fat storage into the bloodstream causing malaise. Fibre helps to bind and remove these toxins more quickly, helping you feel fantastic! We recommend 30-50g/day.

- Psyllium ("silly-um") - the ground husks from psyllium seeds are used - stirred into water, unsweetened grapefruit juice or smoothies to increase palatability. 4.5g fibre/Tbsp
- Flaxseed - must be ground in order to be digested by humans. 3.3g fibre/Tbsp
- Rice bran - 1.6g fibre/Tbsp

Move your Body to Lose Weight

The biggest mistake that people make when attempting to lose weight is that they just decrease caloric intake. Eating too little can actually stall weightloss by causing the body to store everything that is taken in. We need nutrients and energy in order to lose weight, so taking in food that is well balanced and healthy, and eliminating all fast food and most processed food is important.

Next we need to move our bodies! This increases both our thermogenic capacity, thus aiding fat burning, and increases our energy output. A combination of aerobic activity, strength training and stretching are best. Your ND can help you calculate your target heart rate zone and discuss with you appropriate activities considering your personal health.

The following website also gives an idea of how to calculate target heart rate:

<http://exercise.about.com/cs/car dioworkouts/l/aa022601a.htm>

Wash your Weight Away

This doesn't mean scrubbing. Fat needs water in order to be burned, muscles need hydration and our cells are happier when bathed with fluid. Drinking enough filtered water is important. Start with this: Water intake = Body weight (lbs) in ounces 2

Curried Potato & Tofu Salad

- 4-6 red potatoes, unpeeled and cubed
- 1/2 cup diced celery
- 1/2 cup chopped green onion
- 1/2 cup grated carrot
- 1/2 cup finely chopped peppers, any colour
- 1 block firm tofu, cut into small squares

Dressing

- 1/2 cup extra-virgin olive and flaxseed oils combined
- 1/4 cup apple cider vinegar
- 1 Tbsp Dijon mustard
- 1 Tbsp curry powder
- 1/4 tsp sea salt
- Pinch cayenne pepper or to taste

Combine all ingredients for dressing. Pour over tofu and allow to marinate while other ingredients are prepared. Cook potatoes until tender, drain and allow to cool. Combine all ingredients in a bowl, toss together. Refrigerate for 1 hour. Serve 1/2 cup as a side dish with fish or chicken, or 1 cup over greens as an entrée. Enjoy!



Naturopathic Perspectives

Dr. Caralei Peters, ND
Dr. Laura Grant, ND

To book an appt, contact:
202-10 George Street
Hamilton, ON L8P 1C8
Tel: 905.528.1661
Fax: 905.528.1991