



Weekly Tip:

How do you determine if a food is a fruit or vegetable? Do you go by the horticulturist's definition (fruits have seeds) or do you go by the scientific definition (fruit are swollen ovaries of plants)? Well if you are only interested in determining the difference in how it relates to your diet and nutrition, the difference between fruits and vegetables are simply based on the sugar content. For our intents and purposes, a fruit has fructose in it—naturally occurring sugars at a level high enough to make the food taste sweet. So while technically, tomatoes, cucumbers, squash, and eggplants are fruits, when discussing diets, the food guide and nutrition—we consider them vegetables because they do not have a high enough sugar content to make them taste sweet.



Healthy or Healthier?

Too many times during my week I listen to clients discussing their food choices and add in the words, 'At least it is better than...' and while that may be true, my reply is usually, 'Just because it is healthier, doesn't mean it is healthy.'

One of the worst offenders I see are potato chips. Delinquent snackers try to justify to me their consumption of these high-fat, high-calorie, nutrient-lacking evil food by saying, 'But they were baked!' And of course you know what I said... 'just because they are healthier, doesn't mean they are healthy!'

Now I am sure that there are many of you that are shaking your heads at me and saying that there is nothing wrong with a treat and that you can't be a complete food Nazi all of the time and you would be completely right. But I am not talking about occasional snacks (yes—choose the baked, they are healthier!) I am talking about people who are struggling with weight and lifestyle-related health issues. When our eating habits and lifestyle wreak havoc in our lives such as obesity and illness, then obviously our judgment cannot be relied upon and we need a little Food Nazi to guide us!

The key to deciding whether something is healthy or just healthier than your regular choice isn't as complicated as you may think—actually it all comes down to portion control and common sense.

Yes Fat-Free salad dressing is a healthier choice than regular salad dressing. It is healthier but if you use 3 times as much, you have just replaced the fat you would normally consume with all of the other things like sodium and sugar present in your 'healthier' choice. That is where portion control comes in. If you are choosing a healthier version of your favorite snack food, make sure you use the same amount! Low fat mayonnaise may be healthier than regular mayo BUT it is still mayo and should be used sparingly - that is where common sense needs to come in and if you are lacking in it, call me, I will be your food Nazi!

No matter what the advertising on your potato chips says—they are still potato chips. A chip by any other name and all of that.

So while there is nothing wrong with the occasional dollop of dressing, mayo or potato chip, if you are justifying your over consumption by saying, 'But they're baked!' or 'It's ok, it's fat-free!' Then you know you

are eating too much!

What I mean by that is that people who eat healthy don't ever need to justify their treats. Only those who know that they are making wrong choices try to use the 'healthier' justification. Think about it.

No one *really* believes that a hot dog is a healthy choice but they justify eating them by buying and proclaiming the ones that are advertised to be 'healthier'. No matter what the package says—hot dogs are crap and they should not be a regular part of any healthy diet. You know it, I know it, my 6 year old knows it!

So stop trying to justify your over indulgences with the 'healthier' argument. If you are eating a regularly healthy, balanced diet—have a friggen hot dog once in a while! No need to justify it, a treat is a treat. Only when you try to convince yourself that it is ok as part of your regular diet are you going to run into trouble!

So yes, there are some great advances to be made in your diet when you substitute healthier versions of your favorites—as long as they are still eaten in moderation. And yes, it is still a great idea to choose healthier versions of your treats as well. Healthier is better, but healthy is always best!

Recipe Corner

Delicious and nutritious snack and meal ideas that are perfect for the whole family!

Straight from Michelle's kitchen!



Michelle's Blog:

www.butterflyconsultations.com/blog

Thai Baked Tilapia

Yes it is that time of year again - BBQ season! Put back those burgers and dogs and break out the fish because yes it is possible to eat healthy on the patio! We served two of these to my in-laws this past week and they were AMAZING!

1 whole tilapia, fresh or frozen, generous handful fresh coriander, handful fresh basil, lemon slices or wedges for serving, tin foil

MARINADE/SAUCE:

4 Tbsp. oyster sauce; 4 Tbsp. soy sauce; 8-10 cloves garlic, minced or pressed; 1 Tbsp. fish sauce; 2 Tbsp. brown sugar; 1/4 tsp. black pepper; 1 Tbsp. lime or lemon juice; 1-3 red chilies, sliced, OR 2+ tsp. Thai chili sauce (adjust the amount according to how spicy you'd like your fish)

Brush your grill with a little oil to keep fish from sticking (if using a fish cage, it also helps to brush it with oil). Drizzle 3 Tbsp. (or more) of the marinade/sauce over each fish, covering both sides. Be sure to spoon some into the cuts you've made, as well as into the underside cavity. Grill fish for 10-20 minutes (depending on the size and thickness of the fish, and the how hot your grill is). If barbecuing directly on the grill, allow fish to cook for at least 5 minutes before turning it the first time - otherwise the skin may stick to the grill and tear. Use remaining marinade/sauce to baste as your barbecue, OR pour over fish right before serving. Fish is done when inner flesh is opaque and no longer pink or translucent. To serve, top with fresh coriander and basil, plus wedges of lime or lemon, and ENJOY!

Your body, your car!

My clients are very aware of how I use the comparison between our bodies and our cars to make my points ALL the time. Why do I choose a car? Because it is something we are all familiar with and like our bodies, our cars are machines that need constant care and maintenance to operate at their optimal! (See, there I go again!)

For instance—your car was designed to take a specific type of fuel. Whether, gas diesel or electric—your car needs what it need to run its best right? You would never consider putting diesel into a gas engine or plugging in a diesel would you? And if you did—what would happen? Your car wouldn't run very well, if at all! You would never expect your car to operate the way it was designed to with the wrong kind of fuel would you?

The same can be said for how often you fuel your car up. If you only ever put gas in the tank when it ran bone dry and stopped working - you wouldn't expect it to be in prime shape.

Neither would it work if we never stopped filling the tank long enough to actually burn off anything we put in—our tanks would overflow, our engines would flood and we wouldn't get very far!

These situations make sense to us! Our cars are expensive investments, we rely on them every day—many of us need them for our livelihoods, our families, our lives so we treat them with respect, doing what we need to do to keep them in great shape so they will last!

But how many of us treat our bodies with the same amount of consideration? How many of us do what we need to do to keep our bodies in prime shape? I mean we can always buy another car but we only have one body, one life and yet we often don't give it as much thought as we do our cars.

Just like your car, your body is designed to work with certain types of fuel. Complex carbs, lean proteins, healthy fats, vitamins, minerals—those are our body's gas and oil and yet we too often fill them with diesel.

Saturated fats, refined sugars, empty calories—things we don't need and worse, things that actually contribute to the deterioration of our own engines and yet we do to ourselves every day what we would never do to our cars!

Our bodies are also designed to work with a constant source of fuel. Our tanks don't work well when they are empty or overfull. Our systems get stressed, they get overloaded and overworked when we don't eat regularly or eat too much too often, especially if we are fuelling up with the wrong stuff. Skipping meals, not having regular healthy snacks, going longer than 3 or 4 hours without something to eat, or overeating to the point of nausea are no different than running your car past empty or flooding your engine and yet... what is good for our cars is often too good for us.

So the next time you wash your vehicle—so it looks its best, think about the last time you exercised. When you pull up to the pumps, think twice about those high fat snacks—you deserve better than your car!

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