



Michelle Budiwski

Nutritionist
&
Certified Fitness Instructor

[Contact Me!](#)

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Weekly Tip:

How would you like your eggs?

Eggs are a healthy choice and are a great addition to any balanced lifestyle. We used to be afraid of eggs for fear that they would raise our cholesterol but now we know better.

Eggs actually work to lower the bad cholesterol in our body and provide us with 'good fats', protein and so much more!

HOWEVER—if you choose to eat your eggs in a restaurant beware of how you order them. Any eggs that are cooked on the grill (over easy, sunny side, scrambled etc.) WILL have anywhere from 1 tsp. to 1 tbsp. of added fat and not the good kind!

For a healthier choice, the next time you are asked, 'How would you like your eggs?' Answer 'Poached or hard boiled please!'

Your arteries and your waistline will thank you!

Waste not, Waist much!

The best weight loss tip I can give about 75% of my clients is this: "When you are full, put down your fork and stop putting food into your mouth."

And at least 50% of those people (including my husband—love you hun!) would look at me and say, "I cannot waste food—if it is on my plate, I have to eat it."

This is a great theory and it was originally designed to help children to learn to ration, to NOT take more than they could eat. Unfortunately we got older we forgot that lesson and think that it means we should pile our plates high and eat every bite.

Now please don't just stop reading this article here and start writing me a nasty email criticizing me for condoning waste—that is NOT what I am trying to say. So hang in there, maintain your composure and read on.

None of us want to waste food—most of us know what it is like to have to work hard to buy that food and some of us unfortunately can remember times when there just wasn't enough.

I don't want anyone to only eat half a plate full and throw the rest out, what I want is for all of us to consider how much we need to eat and use a few tricks to avoid both over-eating and wasting.

Did you know that it takes 20 minutes for your stomach to tell your brain that you are full? That is why we can eat and eat and seem to go from empty top over-full in seemingly a matter of seconds. The extra calories and fat grams we consume definitely don't go to waste, they go to our waists! (yes I know—bad pun!)

To avoid over-eating at meal time and avoid the guilt that goes along with scraping a half-full plate, try these few tips.

- Drink water while eating dinner—this will not only aid in digestion, it will also increase your eating time and make you feel fuller faster so you don't over eat.
- If eating in a restaurant remember that portion sizes are typically 3 or 4 times what they should be. Before you begin eating, ask your server for a take-out container and transfer 1/2 - 1/3 of your meal for lunch the next day! This is also a great way to help your budget!
- Remember your Food Guide Portion Sizes - over half of your plate should be full of vegetables, and the rest divided between your protein and starch.
- Remember that fat digests slower than proteins and carbs. The higher-fat your meal, the SLOWER you should eat to give your brain time to react!
- when serving yourself, take HALF of what you think you want—you can always go back for 'seconds'.
- Put your knife and fork down between bites while you chew. This will increase the time you take to eat and give your brain time to understand how 'full' your stomach is getting.

Recipe Corner

Delicious and nutritious snack and meal ideas that are perfect for the whole family!
Straight from Michelle's kitchen!

Granola Bars



2 cups rolled oats; 1 cup whole wheat flour; 1 cup wheat germ; 1/2 tsp. salt; 2 tsps. cinnamon; 1/4 teaspoon nutmeg; 1/2 cup ground flax seeds; 4 mashed bananas; 1/2 cup honey; 2 tsps. vanilla; 2 tsps. blackstrap molasses; 1 cup applesauce; OPTIONAL: dried cranberries, raisins, coconut, sunflower seeds, chocolate chips, almonds, dried fruit - get creative!

For the basic dough - Preheat oven to 350°F.

- In a large bowl, combine dry ingredients (including oats) and whisk together until well combined.
- In a separate bowl, whisk together wet ingredients until well blended.
- Add wet mixture to dry ingredients and blend gently until well moistened. Add any of the optional additions (no more than 2 cups!) Mixture should be moist but not too wet. If it seems too dry and crumbly, add a little more applesauce (by the spoonful).
- Line a 9in x 13in pan with parchment paper and press mixture into pan.
- Bake at 350°F for 30 minutes. Cut into bars while warm, but let cool completely before removing from pan.

These treats freeze well and make a great addition to any lunch box! And you can even make them nut-free!



Michelle's Blog:

www.butterflyconsultations.com/blog

Functional Fitness

A client asked me a few weeks ago why fitness instructors don't like elliptical trainers - of course I cannot answer for anyone but myself but here is my answer.

Elliptical trainers will give you a good cardio workout and help you burn fat and lose weight if you work them hard enough to break a sweat and get and KEEP your heart rate up for 10—30 minutes every day. There is no question about that at all - between an elliptical trainer and nothing—go with the elliptical!

The problem I have with them is that at absolutely no time in your life other than on the elliptical will you find yourself moving your body in that way. So if the elliptical is all you do, you are not improving your functional fitness.

Functional Fitness is exactly what it sounds like—fitness training that helps you prepare for and better your everyday life—it is fitness training that helps keep you functional!

What you need to improve your functional fitness depends on what you do every day in your normal routine. What a professional athlete needs to train for is completely different than what a wheel-chair bound senior citizen needs to train for and yet they both still need to maintain and improve their functional fitness.

Whether it is age, infirmity, disease, disability or obesity that restricts you, the moment you are unable to move your body and its weight, someone else will have to and you are no longer an independent person - none of us want that!

No matter what age, weight or physical ability you think you are limited by, you need to work to increase your functional fitness in order to remain productive and independent as long as possible.

There is truth to the old saying, 'If you don't use it, you will lose it.' Muscles atrophy without continued use and without overloading and pushing them they will never get any stronger than they are right now.

So get a little uncomfortable—do more of what you usually do, do it faster, longer, harder—add weights, add distance. Challenge yourself in everything you do and never give in to what is easy. The easy way will never move you forward and when it comes to fitness—it may even send you back!

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