



Easy switches to cut calories

A lot of our clients have reported gaining some weight since the pandemic started back in March 2020. Working from home, home schooling and our current ‘stay at home’ order means that we’re home a lot and food is close at hand. Its easy to nibble more often when you’re at home most of the time. And let’s not forget the stress or boredom eating as well!

Below you’ll find a table with some easy switches you can make to cut out some calories to help keep your weight stable. Some of the substitutions also increase the fibre in your diet - which most of us don’t get enough of anyway!

It’s always a good idea to check the Nutrition Facts panels for the serving size and calories when it’s available. It’s sometimes surprising how small the serving size is for the amount of calories listed.

Filling half your plate with vegetables at lunch and supper is an easy way to cut back on calories.—as long as they’re not drowning in margarine, butter, cream sauce or cheese. Plus those veggies also add fibre, vitamins and minerals to your day. For more ideas on using Canada’s Food Guide Plate, check the following link—it has videos and more:

<https://food-guide.canada.ca/en/tips-for-healthy-eating/make-healthy-meals-with-the-eat-well-plate/>

Hope this helps!

Beverages	Coffee with cream and sugar	Coffee with milk (with artificial sweetener if needed)
	1 cup of juice	1 piece of fruit (tennis ball size)
	1 bottle/can of regular pop, iced tea or lemonade	1 bottle or can of flavoured club soda or water
	1 large latte made with 2% milk	1 medium latte made with skim milk
Vegetables and Fruit	½ cup corn	1 cup broccoli or cauliflower
	½ cup mashed potatoes	½ cup baked potato
	Caesar salad with creamy dressing, bacon, cheese and croutons	Garden or chef salad with an oil and vinegar dressing
	1 cup canned Pasta Sauce	1 cup canned diced tomatoes (look for low sodium) seasoned with garlic and onions
	¼ cup raisins	Handful of grapes
Grains & Starches	½ cup granola	½ cup Psyllium All Bran Buds
	1 whole wheat bagel	1 multi-grain English muffin
	Sandwich made with a Keiser bun	Sandwich made with 2 slices of multi grain bread
	One 8-9" wrap or flat bread	One 6" whole wheat pita
Milk Products	Fruit yogurt made with whole milk (like Activia at 3.0% m.f.)	Fruit yogurt made with regular or skim milk (yogurt with 1.5% m.f. or less)
	½ cup ice cream	½ cup frozen fruit
	1 ounce Cheddar Cheese	1 ounce Mozzarella or 'light' cheddar cheese
Meat and Alternatives	3-4 ounces of roast beef	3-4 ounces roast pork loin
	2 chicken legs with skin on	2 skinless chicken backs
	Roast beef sandwich	Salmon sandwich made with light mayo
	Italian sausage (pork or beef)	Turkey sausage
Other Foods	2 slices meat lovers pepperoni & cheese pizza	2 slices vegetarian pizza (ask for ½ the cheese to really cut the calories)
	1 slice of apple pie (1/6 of pie)	2" x 2" slice of apple crisp
	Two cream cookies like Oreos	2 plain cookies like gingersnaps
	1 bag of potato chips	4 cups of 'light' microwave popcorn



Basic *Bircher* Recipe

My new favourite recipe is from our clerk Rachel who happens to be from Switzerland. It's called 'Bircher' and it's the original 'overnight oats'. There's all kinds of variations to this recipe online but I follow the basic recipe Rachel shared with me. I'm not a huge fan of oatmeal and overnight oats but this recipe is amazingly good! I sometimes have it for breakfast but most of the time, I have it for a snack as it's very filling. This recipe makes 4 large or 8 small servings

Ingredients:

- 1/2 cup oats (not steel cut)
- 1 cup plain yogurt
- 1/3 cup milk
- 2 medium apples, grated
- 1/4 cup pecans (or any nut you like)
- 1/4 cup raisins or dried currants
- Cinnamon and vanilla to taste

Directions:

Mix all the ingredients together in a bowl or large mason jar.

Let sit overnight and then dig in.

You may need to adjust the amount of milk, yogurt or other ingredients to the texture and taste that you like.

Nutritional Analysis for 1 large serving

215 calories; 6.5g protein; 7g fat (1g saturated fat) 34g carbohydrates (5g fibre); 44sodium; 416mg potassium; 56mg Magnesium
59mg magnesium; 242mg phosphorous

A Reminder about Nuts

While nuts are great and people who eat nuts regularly have lower rates of heart disease and diabetes, it's still possible to have too much of a good thing. Nuts are a rich source in magnesium and copper as well as being a source of protein, fibre and iron. BUT BUT BUT, they are also a rich sources of calories. Keep in mind:

- While having ¼ to 1/3 of a cup of nuts on most days can be beneficial, more is not necessarily better!
- ¼ cup of nuts has roughly 200 calories depending on the type of nut.
- Measure out your serving to keep yourself from over doing it – whatever you do, don't eat out of the can or bag!!
- Choose unsalted nuts – you probably won't eat as much and your arteries will thank you!



A Reminder about our Clinic

Due to COVID-19 pandemic, our classes have been suspended. However, we are still available by email and telephone for our clients. Please don't hesitate to contact us if you have any questions or concerns.

Stay healthy and stay safe!