

# MedwellNews

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## RECIPE ♀ THE MONTH

### 10 TIPS TO EAT LIKE THE FRENCH

We've heard that the French are healthy and they eat such delicious foods too! Check out these tips to eat like the French all the while caring for your health!

**1. Slow down.** The signal from the stomach to the brain takes 20 minutes. So the faster we eat, the more we eat.

**2. Take smaller bites** to slow down the eating pace which in turn will help to control portions consumed.

**3. Mindfully eat.** Eating in front of the TV or in the car can make your food unimportant. This lack of attention encourages mindless overeating.

**4. Put your fork down.** If you have food in your mouth, set your fork down.

**5. Serve your food on smaller plates.** This solves two problems at once: the clean-your-plate problem and the fact that your eyes are always bigger than your stomach.

**6. Fat-free foods don't satisfy,** and some contain a lot of additive sugars. This leaves you feeling hungry.

**7. If it's not food, don't eat it.** Our bodies know what to do with real food: meats, fruits, vegetables. Artificial creamers and neon things are inventions that cause a host of weight and health problems.

**8. When possible, eat in courses.** Have a salad first, then serve the main. This helps slow down the meal time.

**9. Have a normal level of fat in your diet.** Your body and brain needs fat to be healthy. You get a normal level of fat when you eat normal foods like butter, olive oil, eggs, nuts, and cheese.

**10. High quality foods lead to low quantity eating.** Rich high-quality foods leave you feeling satisfied hence preventing unwanted snacking throughout the day.

### Roasted Broccoli with Parmesan

#### You'll Need

- 2 pounds fresh broccoli, chopped
- 3 cloves garlic, peeled and thinly sliced
- 1/8 cup olive oil
- 3/4 teaspoon salt
- 1/4 teaspoon pepper
- 1 tablespoon lemon juice
- 2 tablespoons grated Parmesan cheese
- 2 1/2 tablespoons toasted pine nuts (optional)

#### Directions

- Preheat oven to 425 F.
- Place broccoli on a baking sheet where they can lay in a single layer. Then toss them with 1 1/2 tablespoons olive oil, garlic, salt and pepper. Roast for about 20 minutes or until some of the tips start to brown.
- Remove from oven and place in bowl and toss with the remaining olive oil, lemon juice, Parmesan cheese, and pine nuts, if using.

# Exercise through Competition

Find a friend, and commit to doing something active. For example, to start, do two 10-minute strength training sessions within a week. Hold each other accountable through texts or emails. When you complete a segment, send a text or email to your friend. By doing this, you will instantly motivate your friend to complete their session too. At the end of the week, whoever completes the tasks win. Although the goal should be that you always tie. Once you meet your weekly goal, slightly up the bar.

## Let's Hear it for Lemons!

Adding a splash of lemon to your water does more than just add a delightful flavor; it may benefit your health in many ways too! Check out these 6 benefits of drinking lemon water.

1. **Hydrates your body** by providing the body with electrolytes. Lemons contain a good amount of potassium, calcium, and magnesium.
2. **Good for the joints** because it can reduce the pain in the joints and muscles.
3. **Helps digestion** as the citric acid interacts with other enzymes and acids which stimulate the secretion of gastric juice and digestion.
4. **Cleanses the liver.** Lemon juice stimulates the liver to release toxins.
5. **Helps fight infections** of the respiratory tract, sore throats, and inflammation of the tonsils. This is due to the anti-inflammatory properties of lemon.
6. **Helps regulate** natural bowel movement.

# Fast Food: The Health Way

- Cook in stages—think what can be done beforehand to prep for a meal for the next day. The concept is prep a little here and there.
  - Need onions for tomorrow's dinner too? Chop some extra when prepping dinner tonight, or chop the onions and tomato before you head to work.
- What jobs can you assign to others?
  - Make a menu for the week (have everyone pick a meal for the week) Divide and conquer. See who can do what.
- On a really busy night have a "snacky" supper.
  - Ex. bread, cheeses, veggies, olives, nuts and dried fruit and serve with some dips such as hummus or olive tapenade.

## Ask Will

*I enjoy grilling but have heard it is not good for our health. Is this true?*

There is some truth to this because grilling in an improper fashion can lead to the production of heterocyclic amines (HCAs), and polycyclic aromatic hydrocarbons (PAHs). Both are known to be cancer causing compounds.

**HCAs:** are formed when meats, poultry, and fish are cooked at very high temperatures. **PAHs:** are formed when animal tissue fat from meat, poultry, and fish drip onto the hot coals.

The good news is that both can be minimized with proper grilling techniques. Here's a list that the American Institute for Cancer Research provides to help limit the amount of HCAs and PAHs that are formed during grilling.

1. Marinate meat before grilling.
2. Trim the fat. Lean and trimmed meat has less fat to drip on the hot coals.
3. Pre-cook meat and fish, then finish on the grill.
4. Keep meat portions thin to reduce the time on the grill.
5. Avoid letting drips hit the hot coals. Cover the grill with punctured aluminum foil and keep a water bottle handy to control flare-ups.
6. Flip food frequently. Cooking at a lower temperature and turning often allows for faster cooking.
7. Remove charred and burnt portions of foods before eating.
8. Grill fruits and vegetables, they do not form PAHs on the barbeque.



### HAVE A QUESTION?

Email him:  
[askwill@willclower.com](mailto:askwill@willclower.com)