



CULE CUBA DIET NEWS

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HEALTHIER CHOICES FAST FOOD = FAST GAIN

Take into consideration the number of points you need to consume each day from the last newsletter, and then compare points in some of the fast foods we eat. You will see that by simply choosing a healthier option you not only get to eat more, but you are eating healthier.

Example you can eat a Jr. Cheeseburger and small fries from Wendy's for 16 points.. For the same 16 points you can eat

Sandwich of: 2 oz turkey, 1 slice cheese, lettuce, tomato, mustard, 2 slices of regular bread, a Side Salad with low fat dressing, an apple, 1 C milk, and tea or coffee all for 10 points. You save 6 points for another meal or snacks..

Switch the regular bread for WW bread and save 3 more points.

Not to say that you should never visit fast food restaurants, we all need a treat now and then. Plan ahead, if you know you are going to a fast food restaurant adjust your breakfast and dinner meals with low calorie options that will fill you up (salads, soups) and save your points for your outing. A little extra walking that day will ensure you have evened out the day.

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FAST FOOD POINTS—ARE THEY WORTH IT? YOU DECIDE

Tim Hortons

Boston Cream Donut	=	6
Choc. Dip donut	=	5
Apple Fritter	=	8
Sour Cream Donut Plain	=	7
Timbits (1)	=	1
Carrot whole wheat muffin	=	9
Blueberry Muffin	=	7
Blueberry Bran Muffin	=	6
Low Fat Cranberry Muffin	=	5
Cinnamon Raisin Bagel	=	5
Poppy Seed Bagel	=	5
Clam Chowder (bowl)	=	6
Vegetable Beef Barley	=	2

Tim's Cont'd

Chicken Noodle Soup	=	2
Turkey Wild Rice Soup	=	2
Minestrone Soup	=	2
Tea Biscuit	=	5
Harvest Turkey Sandwich	=	8
Garden Veg. Sandwich	=	10
Drinks 10 oz size		
Iced Cappuccino with 2%	=	3
Iced Capp. With cream	=	6
Hot Chocolate	=	4
English Toffee Capp	=	3

Wendy's

Baked Potato	=	5
Broccoli & Cheese Potato	=	13
French Fries small	=	7
French Fries LG	=	10
Chili (Small)	=	4
Chili (Large)	=	6
Jr. Cheeseburger	=	7
Jr. Hamburger	=	6
Spicy Chicken Sand.	=	9
Grilled Chicken Sand	=	6
Chicken Nuggets	=	6
Frosty (small)	=	7
Side Salad	=	0

LOW CAL CALZONES (SERVES 2)

1 Cup Part Skim Ricotta Cheese
 1/3 Cup shredded non fat mozzarella
 1 Plum tomato, diced
 1/4 C chopped lean ham
 1/8 tsp pepper
 4 (6") fat free flour tortillas

Preheat oven to 400° F

In medium bowl, combine the cheeses, tomato, ham and pepper.

Divide mix evenly and spread on tortillas. Roll up and wrap in foil. Place foil packets on baking sheet. Bake until heated through, about 10 min.

Each Serving = 8 pts

CUBAN CULTURE

Cuba has produced major international figures in literature and fine arts, film, ballet, modern dance and theatre. The country is also renowned for its original rhythms such as the danzón, son, bolero, mambo, cha-cha-cha and more. Cuba's prestigious cultural events attract international celebrities in dance, music, theatre and other arts. Among these events are the Casa de las Américas literary contest, the Havana International Ballet Festival, the Festival of New Latin American Cinema and the International Jazz Festival.



WEIGHT LOSS TIPS

Set small goals. It takes some of the "bigness" out of the process.

Take it one step at a time. Not used to Exercising? Master the diet first. Don't try to tackle everything at once.

Keep a food journal. It makes you aware of what you are eating.

Even if you are on the right track, you will get run over if you just stand there.

Will Rogers

Don't beat yourself up. Forgive yourself if you eat something not on your plan. You can start fresh with your next meal or the next day.

Order an H2O cocktail. A glass of water before a meal helps fill you up.

Don't be a martyr. If you really want ice cream or French fries, have a small portion. Otherwise you will eat everything else in the house.

Help Others. Volunteering to help others with their weight loss goals helps you to stay focused on your own.

CAPRESE TORTILLA WRAP (Serves 1 =4pts)

1 Flour Tortilla (6 ")
 1 tsp Dried Basil
 1 oz low fat or nonfat shredded cheese
 1 medium fresh tomato
 1/3 TBSP olive oil

Slice tomato, set aside. Brush tortilla with oil and layer tomato, top with cheese and dried basil and roll up. Enjoy cold or heat 3 min. in toaster oven.

FLAVORED COFFEE

Try sprinkling ground cinnamon or break up a cinnamon stick into coffee grounds before brewing. Especially good if you drink black coffee, gives it a little extra punch.

TIPS OF THE WEEK

WHAT DO THE POINTS MEAN?

In the WW plan they take care of the counting calories you just have to count the pts allotted to food. The amount of points you are allowed to consume each day depend on your current weight.

Current weight	Points Target
Less than 150	20
150–174	22
175-199	24
200–224	26
225–249	28
250–274	30
275–300	31

Plan your meals/points ahead of time, so you are not caught at the end of the day with no points for your snack.

Do not eat below the point range, as your body needs this number of points to keep your metabolism going and burn fat.

PORTION CONTROL

A safe and healthy rate of weight loss is up to an average of two points per week after the first three weeks. In the first three weeks you may lose more.

Portion Control—Use your hand to estimate:

Fist = 1 Cup or 1 medium whole fruit

Thumb (tip to base) = 1 oz of meat or cheese

Thumb tip (tip to 1st joint) + 1 TBSP

Fingertip (tip to 1st joint) + 1 tsp.

Cupped Hand = 1–2 oz of nuts or pretzels

Palm (minus fingers) = 3 oz of cooked meat, fish, or poultry.

Use the Plate Method: divide your plate into quarters. Fill 1/4 with grain based side dish, 1/4 with protein, and remaining 1/2 with vegetables/fruit.

MAKING IT EASIER

Instead of measuring your food each day, try to find dishes and utensils you know hold the proper amount. For example, find a small cereal bowl that will hold just your cereal and milk, no room for extras, then use that bowl when you have your cereal. Helps to eliminate the extras we eat without even realizing.

Fruits and Vegetables are a low-point bargain, ranging from 0-3 points per serving. Enjoy them often.

When you buy things like crackers, pretzels, rice cakes etc, divide into individual portions and place in baggies or containers. That way when you reach for pretzels you have a single serving not the whole bag.

ALCOHOL

Health experts recommend no more than one alcoholic beverage a day f (Except when in CUBA)

Lt beer 12 oz = 2 pts

Regular beer, 12 oz = 3 pts

Champagne, 4 oz = 2 pts

Liquor -(brandy, gin, rum, scotch, vodka, whiskey) 1 oz = 2pts

Wine, 4 oz = 2 pts

Soft Drinks Diet = 0 pts

Regular 12oz = 3 pts

CARMEL CAPPUCCINOSHAKE (SERVES 2 — 4 PTS)

1 C fat free vanilla yogurt

1/4 C Skim Milk

1/2 tsp instant espresso powder

1/4 tsp cinnamon

1/4 C light whipped topping

2 TBSP fat free caramel topping

Blend yogurt, milk, espresso powder and cinnamon on high. Pour into two glasses. Top each with 2 TBSP whipped topping and 1 TBSP caramel topping

(Great evening snack, quite filling)

SAMPLE MEAL PLANS

BREAKFAST IDEAS

6 pts
 1 Egg scrambled with 1 tsp fat
 1 toasted English muffin with 1 tsp butter
 1/3 C Orange Juice
 Tea or Coffee

7 pts
 1 Large Bagel with 2 TBSP Whipped Cream Cheese.
 Coffee/Tea

Vegetable Omelet - 4 pts
 Mix 1/4 C fat free egg substitute, chopped tomato, mushrooms, and onions. Cook in non stick skillet sprayed with Pam.
 1 Cup Skim or 1 % milk
 2 slices WW bread toasted

4 Pts
 1/2 C cooked oatmeal with 1 1/2 TBSP spreadable fruit
 1/2 C Skim Milk
 Coffee/Tea

Pineapple Coconut Smoothie - 3pts
 16 oz can pineapple packed in juice, chunks, undrained.
 4 oz frozen orange juice
 1/2 C light coconut milk
 1 C ice cubes
 Mix in blender and puree until smooth, adding more ice to thicken
 Serves 4

LUNCH IDEAS

9 pts
 1 serving Low Cal Zones
 1 green salad with 2 TBSP reduced calorie dressing
 Coffee/Tea or diet soda

7 pts
 1/2 Cup Tuna salad with tomato and lettuce on 2 slices WW bread
 Cup of Garden Veg Soup
 Tea/Coffee/Diet Soda

8 pts
 Caprese Totrilla Wrap
 1 Cup Campbells Gardennay Mediterranean Tomato Soup
 1 C Skim or 1 % milk
 1 Orange

7 pts
 1 Garden Salad with It dressing
 1 Bowl garden veg soup
 8 slices melba toast
 Coffee/Tea
 1 pear

7 pts
 6" veggie sub (subway) with cheese
 Apple
 Coffee/tea/ diet soda

(7 without mayo, 9 with)
 Whopper Jr.
 Diet Soda
 Garden Salad with fat free dressing

DINNER IDEAS

14 Pts with reg. Soda 11 with diet
 2 slices thin crust pepperoni pizza
 1 side salad with 1 TBSP red. Cal dressing.
 Regular soda

9 pts
 1 baked skinless, bonless chicken breast,
 1/2 cup rice or couscous
 1 C cooked carrots
 1 scoop frozen yogurt
 coffee/tea

 Tacos 8 pts
 In nonstick pan with Pam, brown 3 oz lean ground turkey until crumbles. Add 1/4 cup salsa and cook 5 minutes.
 F=Divide into 2 hard taco shells top each with shredded lettuce, chopped tomato, 1 TBSP shredded non fat cheddar and 1 TBSP It sour cream
 4 graham crackers
 Coffee/Tea

9 pts
 1 Cup spaghetti with 1/2 Cup bottled sauce
 1 toasted eng muffin with 1 tsp garlic butter
 Garden Salad—cal red. Dressing
 Coffee/tea

12 pts
 1 grilled pork chop
 1 baked potato with 1 tsp butter OR 2 TBSP It. Cucumber salad dressing
 Steamed Veg
 (Carrot/broccoli/cauliflower)
 2 small store bought cookies
 Coffee/tea

Sample Snacks:

Carmel Cappuccino Shake = 4 pts

Toasted English Muffin with 1 1/2 TBSP spreadable Fruit = 3 pts

1 Scoop Frozen Low fat Yogurt = 3 pts

1 Cup aspartame sweetened yogurt = 2 pts

7 Rolled Gold Pretzels = 2 pts

1 Piece of fruit (apple, orange, pear, 1 C Grapes) = 1 pt

3 Cups Light Microwave Popped Popcorn = 1 pt

1 Bowl Garden Veg. Soup = 0 pts

Veggies & Dip (carrot sticks, broccoli florets, cauliflower with 2 TBSP fat free dressing) = 0