



CULE CUBA DIET NEWS

Volume 1, Issue 5

May 13, 2005



Beating Cravings

We all know you do not have to be hungry to have a craving. Cravings are those annoying calls to the fridge and cupboards that can occur when you are bored or your body is unbalanced. When you feel a craving coming on use the 5 D's to try to overcome them:

Delay giving into it for fifteen minutes. Often the craving will subside. If it doesn't, move on to the next strategy.

Distract yourself from thinking about the food you crave by getting involved in an activity that requires concentration and that is not compatible with eating. Phone a friend, take a warm bath, vacuum the house, pop in a workout video, play music and dance around. Do something, anything that works for you, to take your mind off the urge to eat. If that doesn't work, move on to the next suggestion.

Distance yourself from the food you crave. Go to the gym, take a stroll, walk the dog. Get out of the house and away from the source of your temptation. If you still feel tempted, try the next strategy.

Determine how strong your craving is. How strong is your desire to eat the food in question? It's a good practice to rate your cravings on a scale of 1 to 10. If a craving is very strong, say, a 10, you may want to give in, especially if you have tried all of the previous strategies for dealing with cravings, but you still have a strong urge to taste the food. Now that you've determined you are going to have some of the food you crave, the question is, how much?

Decide what amount of food is reasonable and appropriate. Put a reasonable portion on a plate and return the rest. Eat your portion slowly. Savor every bite. And, most important, don't feel guilty. You've

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Special points of interest:

- Beating Cravings
- Spanish
- Recipes
- Meal Plans

Breakfast on the Go

To resist the temptation to grab a doughnut, shop smart. Stock your pantry with healthful ingredients, like oatmeal, whole wheat bread, wheat germ, nuts and canned or dried fruit. Flaxseed from health food stores is an excellent source of omega-3 fatty acids, which you can grind and add to lowfat cereal, yogurt, cottage cheese and smoothies. Some other quick and healthful ideas are:

- A nonfat or lowfat yogurt parfait layered with fresh fruit and cereal, nuts or raisins
- Lowfat yogurt mixed with fresh fruit in a blender for a vitamin-rich smoothie
- Whole wheat toast with a little peanut butter and banana slices
- Instant or quick-cooking oatmeal or whole grain cold cereal with raisins or fresh fruit and lowfat dairy or soy milk
- Homemade bran or fruit and nut muffins, made on the weekend and frozen.

SPANISH AT A GLANCE

COMMUNICATIONS

| | | |
|---------------------------|------------------------------------|--|
| Do you speak English? | ¿Habla usted inglés? | (AH-blah oos-TEHD een-GLAYS) |
| I don't speak Spanish. | No hablo español. | (noh AH-bloh ehs-pah-NYOHL) |
| Do you understand? | ¿Comprende usted? | (kohm-PREHN-day oos-tehd) |
| I don't understand. | No comprendo | (noh kohm-PREHN-doh) |
| What? What did you say? | ¿Cómo? | (KOH-moh) |
| Please repeat. | Repita, por favor | (ray-PEE-tah pohr fah-BOHR) |
| I'm Canadian | Soy northeamericano, canadiense | (soy nohr-tay-ah-mehr-ee-KAH-noh kah-nah-DYEHN-say) |
| My name is _____ | Me llamo _____ | (may LYAH-moh) |
| What's your name? | ¿Cómo se llama usted? | (KOH-moh say LYAH-mah oos-TEHD) |
| How are You? | ¿Cómo está usted? | (KOH-moh ehs-TAH oos-TEHD) |
| Very well thanks and you? | Muy bien, gracias ¿Y usted? | (mwee bee-EHN GRAH-see-ahs ee oos-TEHD) |

GETTING AROUND

| | | |
|------------------|------------------------|---------------------------------------|
| Where is _____? | ¿Dónde está _____? | (DOHN-day ehs-TAH) |
| The bathroom | el baño | (ehl BAH-nyoh) |
| The bus stop | la parada de autobuses | (lah pah-rah-dah day ow-tow-BOOS-ehs) |
| The entrance | la entrada | (lah ehn-TRAH-dah) |
| The exit | la salida | (lah sahl-EE-dah) |
| The taxi stand | la parada de taxis | (lah pah-RAH-dah day TAHK-sees) |
| I'm lost | Me he perdido | (may heh pehr-DEE-doh) |
| Where are _____? | ¿Dónde están _____? | (dohn-day ehsTAHN) |

QUESTIONS

| | | |
|-----------------------|--------------------|--------------------|
| What's that? | ¿Qué es eso? | (kay ehs EHS-oh) |
| What's up | ¿Qué hay? | (kay AH-ee) |
| Where is (are) _____? | ¿Dónde está _____? | (DOHN day-eh-STAH) |
| When? | ¿Cuándo? | (KWAHN-doh) |
| How? | ¿Cómo? | (KOH-moh) |
| Who? | ¿Quién? | (key-EN) |
| How Much? | ¿Cuánto? | (KWAHN-toh) |
| What? | ¿Qué? | (kay) |
| Why? | ¿Por qué? | (pohr KAY) |

THE SEED YOU NEED—FLAX

Packed inside this tiny little seed are two compounds—lignans & alpha-linolenic acid—which appear to help battle heart attacks, breast & colon cancers, arthritis, severe menstrual cramps and even depression.

Flax seed has a nutty flavor and adding it to your diet is easy.

- Start off with a sprinkle a day
- Look for pre-ground flaxseed or by the seed whole and ground
- Sprinkle 1 or more TBSP in cereal, yogurt, soup or juice.

(1 TBSP has 25 calories, 2.5 g fat)

Once seed package is opened, keep refrigerated and use within 6 months

Lignans are plant based compounds that have proven (in test tube and animal studies) to shrink existing breast & colon cancer tumors and can stop new ones from starting. Flaxseed has large lignan levels. Although many plant foods have some lignans, flaxseed has at least 75 times more than any other.

Currently underway at University of Toronto is the first study testing lignans against cancer in humans.

The alpha-linolenic acid (omega 3 fats) in flaxseed can help ward off heart attacks and arthritis.

The oil in flaxseed is about 50% alpha-linolenic acid. Canola & walnut oils are the next highest sources at 10%. Although the animal version of omega-3 fat found in fish oil, packs the most punch, research confirms that alpha-linolenic acid confers omega-3 benefits also.

People need dreams, there's as much nourishment in 'em as food.

[Dorothy Gilman](#)

If you buy whole flaxseed, it should be ground in coffee grinder or food processor.

Any whole seeds not crushed by your teeth in chewing will pass through your body undigested.

ORANGE BRAN FLAX MUFFINS - (4 POINTS

- 1 1/2 C oat bran
- 1 C flour
- 1 C flaxseed, ground
- 1 C wheat bran
- 1 TBSP baking powder
- 1/2 tsp salt
- 2 oranges, quartered & seeded
- Pre-heat oven to 375 F
- 1 C brown sugar
- 1 C buttermilk
- 1/2 C canola oil
- 2 eggs
- 1 tsp baking soda
- 1 1/2 C currents/raisins

Line two 12 cup muffin pans with paper liners or coat with cooking spray. In large bowl, mix oat bran, flour, flaxseed, wheat bran, baking powder and salt. Set aside

In a blender or food processor, combine oranges, brown sugar, buttermilk, eggs, oil and baking soda. Blend well.

Pour orange mixture into dry ingredients. Mix until well blended. Stir in raisins or currents.

Divide batter among muffin cups. Bake for 18-20 minutes. Cool in pans 5 minutes before removing.

Makes 24 muffins

NO-BAKE FLAX SNACKS - (1 PT EACH)

- 3/4 Cup ground flaxseed
- 3 TBSP oat flour
- 1 1/2 tsp. Cinnamon
- 1 1/2 tsp. Cloves
- 2 TBSP peanut butter
- 1/2 Cup rice syrup (sold in natural food stores)
- powdered sugar (optional)

Mix first four ingredients in a small mixing bowl. Add peanut butter and rice syrup and knead mixture thoroughly by hand. Tear pieces off, and roll them between your hands into 1" balls. Place balls on wax paper. Dust very lightly with powdered sugar, if desired. Serve immediately or chill for future.

Sample Menus. Choose 1 meal plan from each column and 3 snacks to make up your days menu

Breakfast

5 Pts

1 packet unflavored oatmeal
1 serving fruit
1 TBSP sliced almonds

5 Pts

2 servings fruit
1 Cup Light Yogurt

7 Pts

1 1/2 Cups whole grain cereal
1 1/2 Cups fat free milk
2 servings of Fruit

7 Pts

1 slice high fiber toast
1 1/2 oz sliced low fat cheese
1 egg prepared with PAM
Tomato and basil to taste
1 serving fruit

7 Pts

2 low fat whole grain waffles
1 TBSP lite syrup
2 soy sausage links
1 serving fruit

Lunch

6 Pts

WW Smart Ones frozen meal
2 Cups frozen vegetables
1 TBSP teriyaki sauce 1 serving
fruit

8 Pts

3 Cups Lettuce
4 oz fat free turkey
1/2 Cup Beans
1/4 Cup fat free cheese
Scallions, artichoke hearts and fat
free dressing.
2 TBSP raisins and pine nuts

8 Pts

6 oz water packed tuna
1/4 Cup plain fat free yogurt
1/2 Cup sliced grapes
1/4 Cup Celery
2 TBSP scallions
Tomato Slices
1/2 whole wheat pita
1 1/2 Cup low fat soup

Dinner

8 Pts

3 oz salmon fillet roasted with
1/2 TBSP each soy sauce and
maple syrup
1 Cup steamed spinach
3/4 cup brown rice
1 medium red onion, sliced and
sauteed in 1 tsp olive oil

8 Pts

1 Cup low fat soup
1 whole wheat tortilla
1/2 Cup fat free refried beans
1/4 avocado
1/4 cup shredded fat free cheese
1/4 Cup scallion, 1/4 Cup Salsa

8 Pts

4 oz broiled chicken or fish with
1 tsp sesame oil and white vine-
gar, 2 TBSP minced scallions
and garlic salt to taste.
2 Cups green beans with 1.2 tsp
toasted sesame seeds
2/3 Cup whole wheat linguine
with 1/2 tsp each sou sauce,
grated ginger & toasted sesame
seeds. 1 serving fruit.

Carmel Dip With Fruit (3pts)

8 oz light cream cheese softened
1/2 Cup Caramel Topping

Beat Cream Cheese until smooth. Add caramel
topping until well blended.

Cut apple into slices

1 Serving = 1/2 apple and 3 TBSP Dip

Raspberry-Iced Tea Slushy (1 Pt)

1 Cup frozen raspberries
2 Cups Nestea Unsweetened Ice Tea
1 1/2 Cups Ice Cubes, (about 8 cubes)

Place all ingredients, in order listed, into a
blender. Whir until well blended and slushy,
about 1 1/2 minutes.

Makes 4—1 Cups servings