

Fresh & Light Foods - Your Guide to Summer Eating!

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Summer Hydration

It is very important to stay hydrated and in the summer, it is easy to not get enough fluids. It is recommended to drink at least 8 glasses of water per day and in the hottest parts of the year, this could not be more important. It is important to remember to not ever drink your calories and focus on zero calorie, non-carbonated beverages always. I keep at least four zero calorie beverages in my fridge at all times. Being a chef, my taste buds need to be tickled! I always have homemade iced tea, a pitcher of water, Crystal Light, and Propel.

Iced tea made from scratch is my preference. I have yet to come across a pre-made bottled tea that tastes as good as a homemade batch! Below is the recipe that I use at my house - I hope you enjoy it as much as I do!

Iced Tea

Servings: 8

Ingredients:

- 4 cups of water
- 7 small tea bags or 2 family size tea bags
- 5 cups of ice cubes

Directions:

1. Bring 4 cups of water and teabags to a boil.
2. Once teabags and water begins to boil, remove from heat and let steep for 5 minutes.
3. Place 5 cups of ice cubes into a 2 quart pitcher and pour the tea mixture over the ice.
4. Using a long wooden spoon, stir iced tea until ice has dissolved.
5. Place in refrigerator and chill.
6. Serve over ice cubes and garnish with a slice of fresh lemon.

Notes: For sweet tea, add 1 to 2 packets of sugar substitute.

Additional Flavoring Options: Add 1/2 cup chopped strawberries and 1 teaspoon of vanilla extract.



Happy July 8th from Chef Dave!



I have never revealed this about myself, but I am an American history buff! I have always been interested in understanding what our forefathers (and foremothers) had to overcome to make this, in my opinion, the best nation in the world! The Declaration of Independence was signed July 4, 1776 but was not celebrated until

introduced to the soon-to-be free nation known as the United States of America on July 8th, 1776. It was not until 1938 that Congress declared the 4th of July as a national holiday even though it was celebrated every year before Congress made it official.

I wanted to research the first meal for July 4th and was stunned to find that food was not used for the occasion but instead, 2 pints of rum were on the menu! It was not until the late 1800's that picnics and barbecues became the primary celebration choice. In this edition of "Monthly Tastings," I will provide you with ideas for enjoying fresh and light foods to help you make this 4th of July a celebration to remember!

Cook Smart...

Chef Dave Fouts



Tips & Tricks for Yummy Summer Fruit

Along with July comes longer days and much warmer weather. This is when lighter foods and plenty of liquids are needed to keep us cool and hydrated. Fresh fruit is at its prime during the summer months and goes perfectly with any meal cut up and chilled. Fruit is versatile in cooking and can be used in marinades, salads and even grilled. Here are a few tips and tricks to keep your fruit fresh and delicious:

- ◆ Lightly rinse your strawberries in a colander to wash them. However, soaking them is not recommended as it allows the strawberries to absorb water and lose their flavor. Once washed, be sure to dry them off to keep mold from forming on the berry.
- ◆ Frozen grapes are a great cool treat on hot summer days. For best results, remove the grapes from the stem and place them on a small pan or dish in the freezer.
- ◆ Frozen bananas are another fun and delicious frozen fruit treat. Peel and place the banana on a popsicle stick, with 1/3 of the stick out of the banana to hold. Wrap the “banana pop” with plastic wrap and freeze.
- ◆ Melons are tasty, but picking the perfect ripe melon can be a challenge. Smelling the melon does not work. You want a melon that is soft, not firm, when squeezed.
- ◆ Slice citrus fruits such as oranges, limes and lemons and freeze to use later in a zero calorie beverage to add a hint of flavor.
- ◆ Did you know that pineapples take over 2 years to grow before they are ready to eat? When purchasing, most grocery stores will cut your pineapple for free.



“Watermelon...it’s a good fruit! You eat, you drink, you wash your face!”
-Enrico Caruso

How To Cut A Melon...

1. Wash melon to remove any outside particles.
2. Using a sharp chef knife, cut the top and bottom of the melon off.
3. Next, using your chef knife, start at the top of the melon and cut down, removing the peel. As you are cutting down, follow the roundness of the melon.
4. Turn the melon slightly and repeat step 2 again. Repeat until the entire melon is peeled.
5. Cut the peeled melon in half and remove seeds.
6. Place the melon flat side down and cut the melon into 1 inch long strips.
7. Take one inch long strips and cut the opposite direction to form 1 inch cubes.



*Watermelons are much larger but the same cutting method can be used. I recommend cutting the top and bottom off and then cut the watermelon in half. This makes the melon shorter and easier to cut.

Keeping Picnics Safe



Picnics are a symbol of fun in the sun! It’s important to make these gatherings as safe as possible though! Follow these basic guidelines to make sure that your next picnic is an enjoyable and safe event!

- ◆ Wait until just before leaving home to pack chilled foods in an insulated cooler and make sure you have plenty of ice or ice packs to surround the food.
- ◆ Take two coolers, one for drinks and the other for perishable foods.
- ◆ In hot weather, keep your cooler in the shade and out of direct sunlight.
- ◆ Wrap uncooked poultry, meats, fish and seafood in separate tightly sealed bags or containers and keep them in the bottom of your cooler to keep the uncooked food as cold as possible.
- ◆ Bacteria that causes food poisoning thrive at temperatures between 40 degrees and 140 degrees. Don’t leave prepared foods in the danger zone for more than 2 hours. When the outdoor temperature rises above 90 degrees, the time limit is one hour. Discard all leftovers.



Taming Temptations: Craving Control Techniques

A Guide from Eating Behaviorist, Brie Moore, PHD

One minute, you are innocently going about your day. The next, you are in the clutches of desire. Your object of lust: a chocolate cupcake with buttercream icing. Next thing you know, you are licking frosting off your fingers. What just happened? You were clobbered by a craving. What you need is a plan that helps manage cravings and helps prevent unwanted weight gain. The next time you are hit with a craving, ask yourself these three questions to get to the root cause, then follow our expert tips tailored to your trigger.



1. *Am I stressed out?*

When you are under stress, from work, family or daily pressures, many of us turn to food for relief. Even though food is not always the best stress management technique, each time we respond by reaching for a bag of chips after a hard day, we develop and strengthen this habit. Choosing a tool better suited for the job can help break this habit, and help you better manage stress. Do this:

- ♦ **Stimulate Happiness:** Use activities you enjoy as a way to inoculate yourself from stress. Activities as simple as buying yourself some fresh cut flowers, going on a walk in nature, or listening to a favorite song can help you manage life's inevitable stressors.
- ♦ **Urge Surf:** People give in to cravings because they think they will build in intensity until they become overwhelming. Cravings behave like waves: they build, crest, and then disappear. If you can surf the urge by distracting yourself with another task until the craving passes, you will learn that those cravings are not so powerful after all.
- ♦ **Choose the Right Tool for the Job:** What you are really craving is to feel better. Food may seem to make you feel better in the moment, but afterwards, it is common to feel guilt, shame, or "weak" for giving into a craving. Instead, identify your current emotion. Are you feeling bored, anxious, mad, frustrated or lonely? Then find an activity that addresses it best. If you are stressed, channeling nervous energy into a workout can help; if you are upset over a problem at the office, call a friend and ask for advice.

2. *Am I Getting Enough Sleep?*

A few sleepless nights are enough to cue increased hunger levels and make it more difficult to feel full. Sleep deprivation causes appetite to kick into overdrive and cravings for high energy (read: high calorie) foods like cookies, potato chips, and bread tend to increase. Prioritizing sleep is as important for weight loss as diet and exercise. Do this:

- ♦ **Cut Out the Caffeine:** Caffeine can be a short-term fix for fatigue, but it can also be at the root of the problem. Eliminate caffeine in the afternoons and evenings (after 3pm). Take a brisk 5 minute walk to reinvigorate yourself. Eat regularly through the day to keep energy levels high. Avoid other stimulating activities before bed, like exercise, an exciting movie, or an important conversation with your partner.
- ♦ **Make it Routine:** Kids benefit from a structured bedtime routine each night because their minds and bodies learn what to expect. Give yourself the same structure. Wind down for 20 to 30 minutes each night with a good book, soft music, or a warm bath or shower. Go to bed and wake up at the same time each day.
- ♦ **Set the Stage:** Make sure your environment helps you get a good night's rest. Keep your bedroom dark, quiet and cool. Avoid reading or watching TV in bed or falling asleep to music or the TV. If you have difficulty staying asleep, leave the bedroom, read for a few minutes until you feel drowsy, then return to bed.

**Adapted from www.mindfood.com

(Continued on next page...)

Taming Temptations: Craving Control Techniques *(continued)*

3. *Am I A Creature of Habit?*

You may not realize it, but seemingly innocent routines such as grabbing a snack as soon as we get home from work or munching on popcorn as we watch TV, create powerful associations. Our brain forms these connections and guides us to them time after time. Each time we respond in a new way, our brains learn different connections and the strength of the old habit weakens. Do this:

- ♦ **Mix It Up:** Smells, sights, and sounds all act as powerful triggers. If you walk from the garage into the kitchen when you arrive home from work, try entering through the front door instead. Schedule a short walk or other pleasant event as soon as you arrive home. Move mindless snacks out of the house and keep healthy alternatives at eye level.
- ♦ **Put On The Brakes:** Try the “stop” technique. When a craving comes on, say the word “stop” to yourself and visualize yourself at your goal weight. Remind yourself of the positive outcomes of weight loss - better health, improved appearance, more energy! Your brain will learn the new association instead and you will feel more in control.
- ♦ **Shift Your Focus:** Distraction really works. When a craving hits, divert your attention to something visual, like typing an email, reading a magazine, or sorting through the mail. Calling a friend, drinking a tall glass of water, or moving on to the next task works as well. The craving will pass and you will wonder what you were craving in the first place!



***Brie Moore, Ph.D. received her master's degree from the University of California, Davis and her doctorate in Clinical Psychology from the University of Nevada, Reno. She completed her clinical internship at the University of California, Los Angeles, with an emphasis on the delivery of empirically-based interventions in primary and tertiary care settings. She is the Lead Eating Behaviorist at iMetabolic in Reno, Nevada where she enjoys helping individuals actualize their goals for weight loss and improve quality of life.*

Raspberry Sauced Fresh Chilled Melon Salad

Servings: 12

Ingredients:

- 2 cups cantaloupe, cut into 1 inch cubes
- 2 cups honeydew, cut into 1 inch cubes
- 3 cups watermelon, cut into 1 inch cubes

Ingredients (Sauce):

- 1 pint raspberries
- 2 teaspoons fresh lime juice
- 2 tablespoons fresh mint, chopped
- 1 teaspoon vanilla extract



Directions:

1. Place all melons into a large bowl.
2. Add remaining ingredients into a food processor/blender and blend until raspberries are pureed.
3. Place sauce over melons and mix well.
4. Chill and serve.

Notes: *This dish can be enjoyed for up to three days. When in a hurry, I will buy the melon cut up in the grocery store.*

Nutritional Information:

40 calories; 1g protein; 0g fat; 0mg cholesterol; 11g carbohydrate; 1g fiber; 10mg sodium

From Our Medical Director— Kent Sasse, MD, MPH, FACS, FACRS**



Why Is Losing Weight So Difficult?

Have you ever wondered why it is so hard to lose weight? If you are like most people, you have tried losing weight time and time again but the pounds have always come right back on.

There are answers to the question although they are frustrating ones. The reason we find it so difficult to lose weight has to do with powerful forces that we face in our daily lives.

For example, most of us find that we work hard to make ends meet. And saving money on food these days is tough to do. Over the last 30 years, foods that are very high in calories and high in carbohydrates have also become the most affordable, the most convenient and probably the most delicious! So if you are like most people, simply choosing the most economically and reasonable option may lead to much higher calorie and carbohydrate consumption. And whammo, more weight gain!

Another factor to consider is the huge number of marketing messages that are aimed at each of us every day. For example, this morning, I found myself listening to or viewing more than 20 advertisements describing delicious foods, and that was all before I even arrived at work! The TV commercials, radio announcements, billboards and print ads show beautifully depicted, delicious foods and drink. It's hard to not want to go and buy them. I sometimes find myself wanting to go and eat a whole different meal after I'm resting and watching TV and a burrito commercial comes on.

Another factor that works against us is that most of us have much less free time and much less opportunity to buy healthy fruits and vegetables. We certainly have less time to prepare home cooked, lower calorie and healthy meals.

And finally, our own human nature and genes we were born with are working very hard to see to it that our bodies retain and preserve every calorie we consume. We were designed to endure long winters, poor harvest and unsuccessful hunts. We were not particularly designed for society of such plentitude.

There are of course many other factors that work against us and make it hard to lose weight. These include everything from government policies that support the production of high fructose corn syrup, the under funding of schools that leads to reliance on fast foods and soft drink manufacturers, to the lack of public safety and the great appeal of video games and cable television offerings.

It suffices to say that there are many forces at work that make it difficult to lose weight and keep it off. They are around us everywhere, tempting us at ever turn, and yet, you can succeed at losing weight! You can succeed with the right tools, the right motivation and with the support and guidance of a team of professionals. I have successfully delivered sound solutions for weight loss to thousands of patients. Our team, both at Western Bariatric Institute and through iMetabolic, are here to serve your needs and help you succeed.

We wish you the greatest success in your weight loss journey!

****Kent C. Sasse, MD, is the Medical Director for Western Bariatric Institute and the International Metabolic Institute, also known as iMetabolic, based out of Reno, Nevada. Dr. Sasse's book, [The Sasse Guide to Outpatient Weight Loss Surgery](#), will be released in the Summer of 2008 and is available for pre-order now. To learn more about the science and medicine of successful weight loss, please visit www.sasseguide.com.**