

Zero Weight Gain

HOLIDAY CHALLENGE



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Managing Your “Cues”

Our Environment Influences Our Behavior

Different “cues” in our environment can prompt us to eat more or less. Successful weight control requires you to –

- decrease the cues that prompt you to eat too much of the high calorie foods
- increase the cues that encourage you to eat nutritious foods.

What are some of the cues that cause us to eat larger amounts of high calorie foods?

- Getting too hungry
- What you are thinking or feeling
- What other people say or do
- Sight or smell of food
- Watching TV
- Reading magazines with lots of pictures of food and recipes
- Social events



Make a shopping list of healthy food choices to keep temptations out of your home.

What can you do to resist these cues?

- **Keep high fat, high calorie foods out of your home and work place.** Remove the candy dish from the desk, the chips from the counter, the leftovers from the party and the other temptations that you know you cannot resist.
- **Do stock low fat, low calorie foods so they are easy-to-reach and ready-to-eat.** Have a fruit bowl on the table, store a pre-made salad and low calorie soup in the refrigerator, cut up vegetables to serve with a low calorie dip for snacks, make tea with sugar

Managing Cues

substitute, and buy only low fat and non-fat dairy foods like non-fat milk, fat free cottage cheese and light yogurt.

• **Only eat at a table in the kitchen or dining room.** No mindless snacking in front of the TV or noshing while checking your phone or computer. Do not eat directly from a box or package. Always use a dish, bowl and eating utensil. Make eating a pleasant experience that you focus on - not a way to fend off boredom.



• **Look for new healthy recipes on the web or in cookbooks.** Good recipes are available on-line from the American Diabetes Association, Diabetic Living magazine, Cooking Light magazine and ChooseMyPlate.gov. Just one new recipe a month can totally change how you eat in a year. Don't be put off by some of them being "diabetic recipes." These recipes are good for everyone since they are lower in calories, fat and sugar.



• **Make a shopping list of healthier foods and stick to it!** Impulse buying, especially when you are too hungry, will sabotage even the best intentions.

• **Don't even go into the areas of the grocery store where the tempting foods are.** Just seeing the chips, ice cream or

cookies may be enough to make you buy them.

• **If you use coupons, only use the ones for lower fat, lower calorie foods.** Some grocery stores have loyalty cards that document what you purchase. They will then send you coupons based on what you routinely buy. If you buy nutritious foods more often, you will get more coupons for those items.



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See this week's recipe on the next page



Sweet Potato Shepherd's Pie

Here is nearly a complete meal that you can make ahead and serve as a casual supper.



2 cups cooked sweet potatoes, mashed	1 cup low sodium chicken broth
¾ cup evaporated non-fat milk	½ teaspoon cumin
¼ teaspoon salt (optional)	1/8 teaspoon nutmeg
Pepper to taste	1/8 teaspoon Dijon mustard
1 tablespoon olive oil	1 ½ teaspoon reduced sodium soy sauce
1 clove garlic, minced	10 ounces boneless, skinless chicken breast, cooked and diced
½ cup raw mushrooms, sliced	1 ½ cup of frozen mixed vegetables
½ cup chopped onion	Non-stick cooking spray
2 tablespoons flour	

1. Preheat oven to 350.
2. Combine the sweet potatoes with ¼ cup of the evaporated milk. Add the salt if desired and pepper to taste.
3. In a heated non-stick skillet, add the olive oil. Sauté the mushrooms, onions and garlic until soft and just turning brown.
4. Sprinkle in the flour and cook 1 minute while stirring. Slowly add the remaining ½ cup of evaporated milk stirring constantly.
5. Add the chicken broth, cumin and nutmeg and bring to a gentle boil. Stir constantly until slightly thickened. About 1-2 minutes.
6. Remove skillet from the heat and stir in mustard and soy sauce.
7. Combine mushroom sauce with chicken and mixed vegetables in a large bowl. Pour into a shallow baking dish sprayed with non-stick cooking spray.
8. Spread sweet potatoes evenly over chicken-vegetable mixture. Bake for 25-30 minutes or until heated thoroughly.

4 servings

Nutrition Analysis with added salt:

Calories: 367	Carbohydrate: 46 grams	Protein: 35 grams
Fat: 4 grams	Saturated Fat: 1 gram	Cholesterol: 73 milligrams
Sodium: 416 milligrams		Dietary Fiber: 6 grams

Exchanges: 2 ½ starches, 2 vegetables, 3 very lean meats