

LONG ISLAND WEIGHT COUNSELING, INC.



Linda Fiveson



A Sign of The Times

by Linda Fiveson



We're living in scary economic times. Money is tight and times are tough -- so tough that Governor Paterson is thinking of including an "obesity tax" in his budget proposal for 2009 - 2010. New York has never had one before but several other states have.

The governor's plan is to impose a tax of about 18 percent on sugar-laden beverages. This includes all drinks that contain less than 70 percent real fruit.. His hope is that people will be discouraged from drinking high calorie beverages and that money will be raised to help resolve the current budget deficit.

As we all know, junk food is cheaper and more readily available than healthy alternatives. There's no "down time" needed for preparation or cooking. It appears to be the perfect solution for people who have time constraints or are on a budget! Obviously, drinks such as soda and juice are high in sugar and have no nutritional benefit. The ingredients in Gatorade are the same as those in any other sugar based drink yet the advertising companies sing its praise for athletes. How did it become known as a "Sport Drink"? Could it be the power of the press?

The requirements for food labels have become more stringent but many are still misleading and attempt to put a healthy spin on "junk food". Examples are protein bars, high fiber "snacks and fat free desserts. Perhaps the newest offender is the concept of 100 calorie packs...You can find a 100 calorie version of almost any and every junk

food that exists. Packed and wrapped in a 100 calorie bag, these "goodies" are really "baddies". They give the illusion that this type of snack is now a healthy and viable choice but the ingredients

haven't changed. Isn't anyone looking to see what the calories come from? Amongst the ingredients, the labels list an assortment of hydrogenated oils, saturated fats, cocoa butter, high fructose corn sweetener, various other sugars, dyes and chemicals. This is all without even mentioning the high amount of carbohydrates!

Learning to read the ingredient portion of a label, rather than the nutrition box can be our first step in educating ourselves. What will we learn? That most of the contents in these fattening snacks are chemicals and ingredients we can't define or even pronounce.

I'm not sure why Governor Paterson chose to tax sugar-laden beverages rather than other fattening offenders. It was probably just a starting point since you can't attribute obesity to any one food or drink. Nonetheless, the fact remains that obesity is a serious health concern that needs to be addressed.

It's encouraging to think people will buy the cheaper bottle of Diet Coke, or better yet water, and start thinking about the consequences and/or rewards of what they put in their bodies! It's even more encouraging to imagine that this concept will spread, making all junk food cost more than its healthier counterparts.

Perhaps, a sliding scale of tax rates could be considered. If there were more taxes on less healthy foods, it might encourage manufacturers to produce healthier, less misleading products. It might also encourage consumers to reconsider what snacks and "grab and go" food they buy.

A sliding tax scale would also put control where it belongs -- in the hands of those making the decisions... Vendors would be able to choose the items they wanted to promote and the public would be able to make decisions based on nutritional value or how much they wanted to spend... It could put new meaning into the definition of an "educated consumer"!

Can you imagine a world where movie goers could choose between popcorn or a piece of fruit? A world where vending machines at bowling alleys and shopping malls were stocked with healthy alternatives that give junk food a "run for their money"? How powerful would that be? How amazing? Maybe we can put this into effect by starting to act now... Why not write to the FDA requesting healthier snacks or educate those around you about the value of good nutrition and making wise choices? When we're proactive we are also productive...



JANUARY 2009

Linda Says...

Don't give up --
Go the
distance...
You must be
patient and have
persistence!



ASIAN FISH DUMPLINGS



INGREDIENTS

1 lb. Crabmeat	1/2 yellow/orange pepper
1lb. Scallops	1 scallion
1 lb. Shrimp	1 garlic clove
1/2 lb. Cod Fish (optional)	1 small onion
4 Carrots	small can mushrooms (drained)
2 Celery stalks	1/2 c. water chestnuts (drained)
1 Tbsp. Wasabi	Seasoning to taste (salt, white pepper, paprika, garlic powder, onion salt, Asian spice, etc.)
2 eggs	



DIRECTIONS

Boil water in 5 quart pot. Add carrots, onion and celery to flavor the broth. Grind fish in Cuisinart or other food processor, adding Wasabi and Light Soy Sauce while grinding. Place in large bowl. Grind remaining ingredients in food processor, add to ground fish and mix well. Beat eggs in separate bowl and add to fish and veggie mixture. Mix well and form into small balls. Put dumplings in the boiling broth and cover. Turn the heat down and let simmer for one hour.

PERSEVERANCE



by Catherine Pulsifer

"PERSEVERANCE ALLOWS YOU TO GET BACK ON TRACK WHEN YOU HIT A DETOUR."

Perseverance is the ability to keep going in the face of continuous challenges. It is the ability to disregard distractions and to stay focused.

You may have to take detours to get to your end goal. But, as long as you persevere and realize that the detour is simply another alternative path in the direction of your goal, you will continue to move forward.

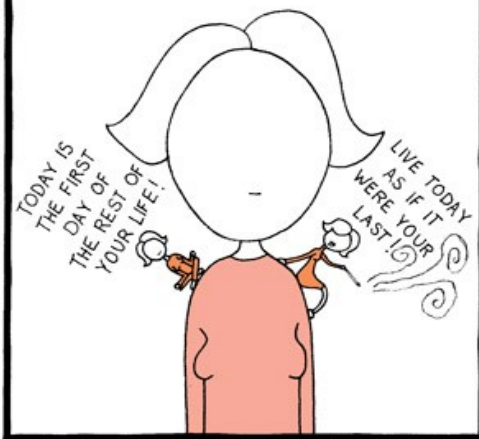
Those who see a detour as a reason to quit, lack perseverance. You will always face challenges as you work towards your goals. Your ability to persevere will determine your ultimate success!

It takes effort and belief to persevere and stay dedicated to accomplish your goal. When you find yourself doubting whether the effort is worth it, visualize how you will feel and what you will have once your goal is completed.

PERSEVERE...

and don't let any self-doubt distract you.

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I KNOW I'M ALWAYS SUPPOSED TO LISTEN TO MYSELF, BUT WHICH "SELF"?

PERSISTENCE PAYS

FIND THE WORDS BELOW AND CIRCLE THE M. THEY GO IN EVERY DIRECTION, BACKWARDS AND FORWARDS AND DIAGONALLY. SOME LETTERS OVERLAP.

L Z S V P C Y L R A L U G E R
 A N U T W E I G H T Q R O V J
 P U C Y L L R S C O A W P I I
 A C C W I D F S O T K Z V T N
 T R E O M N B V I U T C M I D
 I N S Q M O B F K S K Z S N U
 E Q S I Y M I Z O P T B B G L
 N M D I S C I P L I N E H O G
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 N C R M I C N A T T I T U D E
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ACTIVITY
 ATTITUDE
 COGNITIVE
 COMMITMENT
 DISCIPLINE
 EMOTIONAL
 GRATIFICATION
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 MAINTENANCE
 PATIENCE
 PERSISTENCE
 REGULARLY
 SABOTAGE
 SUCCESS
 WEIGHT

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A personal strategy that you use?

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