

Linda Fiveson



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Recipe of the Month

Linda's Meat Marinade



INGREDIENTS

1/2 c Fresh basil
1/4 c Fresh cilantro
2 T Olive Oil
4 garlic cloves,
chopped
1 t Japanese Chili
Sauce
1 T grated lemon rind
1 T grated lime rind
Salt and pepper to
taste

DIRECTIONS

Puree all ingredients. (For best results use a Magic Bullet type of blender.) Rub marinade into meat and grill for a delicious treat!



Senior-hood



"I lost 140 pounds and I can help you lose weight and keep it off too!"

As we begin senior-hood, most of us want to stretch this time to last longer than all the stages of life we have already gone through.

Living longer means wholesome meals and good nutrition. It gives you energy and makes you feel your best. When you look better you feel happier inside and out.

Keep your brain sharp! Fruits, leafy vegetables and fish, especially with Omega 3 fatty acids, can decrease the risk of things like Alzheimer's disease. Doing puzzles like Sudoku, crosswords and logic games help keep your mind active too. Audio books are also a fabulous way to hear stories and they stimulate your mind to create pictures of what you are listening to.

Being a senior myself, I have discovered that all seniors are not created equally. There seems to be levels of how senior you are!

Beginner seniors don't think of themselves as "real" seniors except when it's for discounts at movies, theatre and shows, restaurants and the like.

Beginner seniors evolve into this phase of life. We don't feel it or look it and we think we can go out and jump rope just like those who are younger than us – and, I bet we can, with a little more effort, however...

Some of you probably haven't thought about changing your diet, especially if you are active. But, I have always thought, and still believe, that what you put in your body, you wear in your clothes!

The next generation of seniors are probably retired and experiencing a whole new lifestyle, perhaps with new friends and new endeavors. The extra time they now have can be enjoyed with all kinds of travel and activities, but it should also be the time to start emphasizing a little exercise and healthier eating too.

Efficient eating keeps our bodies happy and working efficiently. With all of these new "so called" healthy foods, it's VERY important to read the ingredients on their labels. Very often something that says 100% natural will actually be 50% unnatural. If you don't feel like cooking much in the summer having cold salads with protein is easy and healthy. Since physical activity may change, the level of activity will dictate an adjustment in the amount of calories you may need. For less active women, 1600 calories a day is advised while more active women can have 1800 calories a day and very active ones, 2000. Less active men can have 2000 calories a day while more active men need 2200-2400 calories a day and very active ones, 2400-2800. Remember -- A calorie is NOT a calorie! So, think about your choices and don't choose unhealthy ones!

Lifestyle changes have effects on diet too. Things like death, divorce, loneliness and depression all play a role in diet. Changes in mood may trigger overeating comfort food. Newly singles may not know how to cook or even want to cook for themselves. The good news is you can have a

About Spaghetti Squash



Spaghetti squash is a variety of winter squash. Although we often consider it a vegetable, it is technically, a fruit.

The spaghetti squash's skin can vary in color from ivory or pale yellow to orange and sometimes, they are even green with white streaks.

The inside of a spaghetti squash has many large seeds. Its flesh resembles that of other types of squash. When cooked, however, the inside flesh can be

peeled away in strands that are very closely linked with spaghetti.

There are many ways to prepare spaghetti squash. It can be boiled, broiled or steamed. It can be served with sauce like pasta or without it in a variety of ways.

Spaghetti squash is low in calories and has many nutrients. It is a favorite of many people from around long island.

Try making an Italian dish or mock noodle pudding with it!

Fiveson's Food

You don't have to be a client to eat healthy and enjoy it!

**Over 100 menu choices!
New items added often!
Formulated from Linda's
"own" personal recipes
since 1989.**

**NO sugar, NO flour,
NO gluten,
NO refined carbohydrates.**

More of Linda's exclusive recipes are available on her website: www.lindafiveson.com

WORD SEARCH



BODY
BRAIN
CONNECTION
CONTROL
EATING
EMOTIONAL
EXCESSIVE
EXCESSIVE
GUT

HYDRATE
IMAGE
LIMIT
MODERATE
OBSESSION
PERCEPTION
SATIATE
STRATEGIES
TIMING

Persistence

- P - Plan your meals and be prepared
- E - Eat healthy foods
- R - Realize that you are in the driver's seat
- S - Stick with it
- I - Imagine being the "you" that you want to be
- S - Set goals that are realistic
- T - Think positive
- E - Enjoy eating the "right" food
- N - Never give up
- C - Care about yourself
- E - Expect to be successful

"What you put in your body," says Linda, "you wear in your clothes."

"Senior-hood" (Continued from page 1)

Linda Says...

All calories are NOT equal.

MCHUMOR.COM by T. McCracken



healthy, balanced meal with very little preparation or planning. The frozen "steam-fresh" vegetables are wonderful and easy. Protein can be as simple as eggs, canned fish or a pre-cooked chicken, fish or meat.

All-stage seniors should keep one more important thing in mind. Many of us are taking prescription medications and we aren't always aware that they can interact negatively with certain foods. Make sure you check with your pharmacist to see if there are any food restrictions while you are taking a particular medication.

Did you know that grapefruits don't combine well with certain drugs? In fact, they can be downright harmful! These fruits contain a substance that changes the pH in

the stomach and affects the activity of enzymes in the liver and intestines. As a result, the medicine isn't metabolized well and its potency can be increased causing serious side effects.

Vitamin K also interacts poorly with certain medications and can cause further health issues when taken at the same time. Learn to be an advocate for yourself -- Know what medicines you are taking and ask about their side effects and possible dangers.

Senior-hood can and should be a wonderful time in your life. No matter which phase of it you're in -- beginning, middle, or end -- enjoy it and take care of yourself so you can keep on enjoying it!!

Do you have a question or suggestion? A personal strategy you'd like to share?

Send it to us and we'll consider it for a future edition!

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Consultations with Linda are by appointment only.