



# Linda Fiveson

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**JULY 2013**

## Recipe of the Month



### Yogurt Chicken

#### INGREDIENTS

2 lbs. skinless and boneless chicken breasts  
2 cups Greek Nonfat Yogurt  
1/8 cup Parmesan cheese  
1 Tbsp Garlic powder  
2 tsp salt  
1 tsp pepper

#### DIRECTIONS

Pre-heat oven to 375°. Put all of the ingredients in large bowl and mix until well blended. Take ¼ of the mixture out and use the remaining ¾ as marinade, spreading all over chicken. Put chicken on a baking sheet sprayed lightly with Pam. Bake for 40 minutes. Let chicken cool and spread the remaining yogurt mix on top.

More recipes on website.

## How Carbs Can Trigger Food Cravings

Are all calories created equal? A new study suggests that in at least one important way, they may not be.

Sugary foods and drinks, white bread and other processed carbohydrates that are known to cause abrupt spikes and falls in blood sugar appear to stimulate parts of the brain involved in hunger, craving and reward, the new research shows. The findings, published in *The American Journal of Clinical Nutrition*, suggest that these so-called high-glycemic foods influence the brain in a way that might drive some people to overeat.

For those who are particularly susceptible to these effects, avoiding refined carbohydrates might reduce urges and potentially help control weight, said Dr. David Ludwig, the lead author of the study and the director of the New Balance Foundation Obesity Prevention Center at Boston Children's Hospital.

"This research suggests that based on their effects on brain metabolism, all calories are not alike," he said. "Not everybody who eats processed carbohydrates develops uncontrollable food cravings. But for the person who has been struggling with weight in our modern food environment and unable to control their cravings, limiting refined carbohydrate may be a logical first step."

Regardless of the diet they choose, most people who lose a great deal of weight have a difficult time keeping it off for good. For many people, despite their best efforts, the weight returns within six months to a year. But a few studies of weight loss maintenance, including a large one in *The New England Journal of Medicine* in 2010, have reported some success with diets that

limit high-glycemic foods like bagels, white rice, juice and soda. I

In addition to raising blood sugar, foods that are sugary and highly caloric elicit pronounced responses in distinct areas of the brain involved in reward. Earlier imaging studies have shown, for example, that the main reward and pleasure center, the nucleus accumbens, lights up more intensely for a slice of chocolate cake than for blander foods like vegetables, and the activation tends to be greater in the brains of obese people than it is in those who are lean.

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To get a better idea, Dr. Ludwig and his colleagues recruited a dozen obese men and then fed them milkshakes on two different occasions separated by several weeks. In each case, the milkshakes were nearly identical: flavored with milk and vanilla, and containing the same amount of calories, carbohydrates, protein and fat.

But on one occasion, the shakes were made with high-glycemic corn syrup; on the other, a source of low-glycemic carbohydrates was used. "These test meals were identical in appearance and tastiness, and we verified that our subjects had no preference for one or the other," Dr. Ludwig said.

As expected, blood sugar levels rose more quickly in response to the high-glycemic milkshake. But the researchers were especially interested in what happened several hours later, about the time most people are ready for their next meal.

What they found was that four hours after drinking the high-glycemic shake, blood sugar levels had plummeted into the hypoglycemic range, the subjects reported more hunger, and brain scans showed greater activation in parts of the brain that regulate cravings, reward and addictive behaviors. Although the subject pool was small, every subject showed the same response, and the differences in blood flow to these regions of the brain between the two conditions "was quite substantial," Dr. Ludwig said.

"Based on strength and consistency of the response," he added, "the likelihood that this was due to chance was less than one in a thousand."

Previous research suggests that when blood sugar levels plummet, people have a tendency to seek out foods that can restore it quickly, and this may set up a cycle of overeating driven by high-glycemic foods, Dr. Ludwig said. "It makes sense that the brain would direct us to foods that would rescue blood sugar," he said. "That's a normal protective mechanism."

Christopher Gardner, a nutrition scientist at Stanford University who was not involved in the new study, said that after decades of research but little success in fighting obesity, "it has been disappointing that the message being communicated to the American public has been boiled down to 'eat less and exercise more.'"

"An underlying assumption of the 'eat less' portion of that message has been 'a calorie is a calorie,'" he said. But the new research "sheds light on the strong plausibility that it isn't just the amount of food we are eating, but also the type."

Dr. Gardner said it was clear that the conventional approach of the past few decades was not working. A more helpful message than "eat less," he said, may be "eat less refined carbohydrates and more whole foods."

Written by Anahad O'Connor

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Unscramble each of the clue words. Copy the letters in the numbered cells to other cells with the same number. Answers below.

RUSAG	<input type="text"/>	8	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	3	12		
NIVGARC	<input type="text"/>	2	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	11	7		
TIWHEG	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	6	5	10	
RABNI	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	1	13	9	
REUHG	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	14	4



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## Fiveson's Food

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

*Fabulous "Fake" Foods are manufactured and distributed exclusively by Linda Fiveson - Syosset, N.Y.*

## Linda Says

**"No wheat,  
No sweet."**

*(and she's been saying it for years!)*

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



A calorie is not a calorie.
Hunger
Brain
Weight
Craving
Sugar
<b>Puzzle Answers</b>

*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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