



Linda Fiveson



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THE FOOD CONFUSION?

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Whole wheat, high fiber, fat free, gluten free, wheat free, organic, multigrain, sprouted, thin crust, thin sliced, 100 calorie, light, low calorie, low carb, no carb, lean, less, protein bars, protein shakes, liquid diets, cookie diets, macrobiotic, vegetarian, raw, appetite suppressants, fasting: the list is endless...

The result? A lot of confusion about what really contributes to quick loss, quick gain or no change in weight.

Recently, it seems like we're eating contrary to how our digestive systems have been designed. It's basic chemistry; the body uses carbohydrates as fuel for energy.

We love *what's new* in the food and diet industry. The labels, the packaging, the advertisements and the *newly slim* models promise and seduce you into believing that your own new slim, fit body is only a purchase away! You can't wait to start; you get all the products and the result? The same!

Calories are not Calories. A larger piece of chicken or fish does not exchange for the same calories of wheat, grains, oats, beans or any of the aforementioned products. It's the chemistry of how the body processes the food that matters.

Many people struggle with losing weight because they have no real knowledge of the different kinds of carbohydrates. They make the mistake of thinking that losing weight is about reducing consumption of calorie and fat intake.

Processed foods should be avoided. The digestive system has a hard time processing them efficiently and insulin is produced converting carbohydrates into fat. The best carbohydrates have *one ingredient*, are not processed and have a low glycemic index which keeps the blood sugar levels stable.

The problem isn't the fat; it's the wheat and the sweet! If we would learn to give up all the pasta, white rice, potatoes and sugar-filled drinks and

desserts we wouldn't have an obesity epidemic or so many people suffering from diabetes and other metabolic illnesses.

All carbohydrates convert to sugar in the blood and the more refined they are, the quicker this occurs. The pancreas produces insulin which moves sugar into the cells. It's then stored in the form of glycogen and acts as fuel. Refined carbs turn into blood sugar almost as fast as you eat them!

It's a lot of work for the body to process so many carbs so the way it reacts to insulin can change and become problematic at any time. The pancreas then needs to make more insulin to push the same amount of glucose into cells. Metabolic diseases develop when the pancreas gets exhausted and can't produce enough insulin to keep up with the glucose in the blood.

The pressure to look slim often results in a nutritionally inadequate diet. These diets don't address or change the *problem* so our eating habits return and so does the lost weight.

Since these products and methods are usually for the *quick fix*, they often end in failure, low self-esteem and so much guilt and regret that we feel like we're losing *the losing battle* and thus, we give up, again! Of course, we're off to search again for another *new fad diet*.

Human instinct is usually right so if you think for one minute, "Why am I doing this?" or "Is this healthy?" or imagine, "I'll just do this for one week to get back to my *old* eating habits," remember, DOUBT MEANS DON'T!

ROASTED RED PEPPER SPREAD



INGREDIENTS:

2 - 7 oz. jars roasted red peppers
2 Tbsp. extra virgin olive oil
2 Tbsp. chopped Italian parsley
2 Tbsp. lemon juice
¼ tsp. coarse salt
1 medium clove garlic, chopped
2 tsp. capers, drained

DIRECTIONS:

Drain and rinse peppers. Pat them dry with paper towel. Place olive oil, parsley, lemon juice, capers, garlic and salt in blender or food processor. Whirl until capers and parsley are finely chopped. Add peppers. Pulse with on and off motion until peppers are coarsely chopped, stopping several times to scrape down sides. Taste and adjust seasoning if needed. Spread can be stored in refrigerator for up to 5 days. Let stand at room temperature for 30 minutes before serving.

*Unlimited



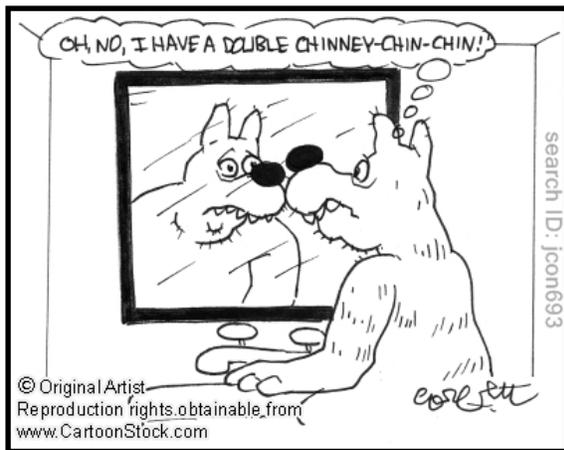
Linda Says...

DOUBT MEANS DON'T!

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FOOD TRIVIA...How many answers do you know?

1. What milk product did the U.S. Agriculture Department propose as a substitute for meat in school lunches, in 1996? A. Yogurt B. Nuts C. Tofu
2. What was the first frozen veggie? A. Peas B. Green Beans C. Spinach
3. What was the first spice used in Europe? A. Garlic B. Pepper C. Paprika
4. Where did the pineapple plant originate? A. In South America B. Hawaii C. Africa
5. What fruit were Hawaiian women once forbidden to eat?
A. The coconut. B. Pineapple C. Papaya
6. Which is Japan's favorite pizza topping? A. Eggs B. Pickled ginger C. Squid
7. Which of these is a fat substitute? A. Aspartame B. Olestra C. Olive oil



**Fabulous "Fake" Foods are made for
and sold exclusively by
Linda Fiveson**

Fiveson's Food

Tastes absolutely fabulous!
FREE of gluten, sugar, flour and preservatives!
Formulated from Linda's "own" personal recipes since 1989

CHOOSE FROM:

Assorted blintzes, muffins, breads, pancakes and cheesecakes, steak, chicken, turkey, veal and seafood entrees, various soups, squash fries, turnip latkes, soufflés and other vegetable dishes, mousses, custards, puddings, cakes, cookies, and fruit options...
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Consultations with Linda are by appointment only!

Try our new vegetarian entrees!

1-A 2-C 3-B 4-A 5-A 6-C 7-B

ANSWERS

Do you have a question or suggestion? A personal strategy that you use?
We'll consider it for a future edition!

Send an email to: lindafiveson@yahoo.com

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