



Linda Fiveson

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MAY 2015

Recipe of the Month

Tandoori Chicken

Ingredients

16 skinless chicken parts
1 cup plain nonfat Greek yogurt
Juice of 2 lemons
1 tablespoon peeled, finely chopped fresh ginger
1 tablespoon finely chopped garlic
2 teaspoons ground coriander
2 teaspoons ground cumin
2 teaspoons garam masala (Available in Indian markets)
1 teaspoon cayenne, or to taste
1 1/2 teaspoons salt or to taste
2 lemons, halved
1 onion, sliced into rings, for garnish
Lemon wedges for garnish
* Red and yellow food coloring optional to get it to look the "authentic" orange color of this Indian dish.

Directions

Rinse chicken and pat dry. Cut a few deep diagonal slits into each chicken pieces. Stir together yogurt, juice, ginger, garlic, coriander, cumin, garam masala, cayenne, and salt in large bowl. Add chicken, turning to coat each piece and making sure the marinade goes into all the slits. Cover and refrigerate at least 2 hours. Preheat oven to 375 degrees. or prepare a charcoal or gas grill. Remove chicken from marinade and place in a shallow baking pan lined with foil. If baking, place in oven and bake. If grilling, rub grill grate with oil and place chicken on the grate and cook, turning about every 10 minutes. Chicken pieces are done when juices run clear when chicken is pierced at the thickest point, about 45 minutes for baking, 40 minutes for grilling. Transfer chicken to a heated platter and squeeze lemon halves over the top. Garnish the platter with the onion rings and lemon wedges and serve.

More recipes on website.

The Food Confusion

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* thin famous people 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....Nothing!

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 similar 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 which has to be used as fuel. Refined carbs turn into blood sugar almost as fast as you swallow them!

It's a lot of work for the body to process so many

carbs. The pancreas then needs to make more insulin to push the same amount of glucose into cells. Insulin can change and become problematic at any time. Metabolic diseases develop when the pancreas gets exhausted and can't produce enough insulin to keep up with the glucose in the blood starting with Type II Diabetes.

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 any 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*.

Your first 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 have one," remember, DOUBT MEANS DON'T! No second guesses!



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www.lindafiveson.com

Word Find

Find the words in the puzzle. They go in all directions and sometimes share a letter.

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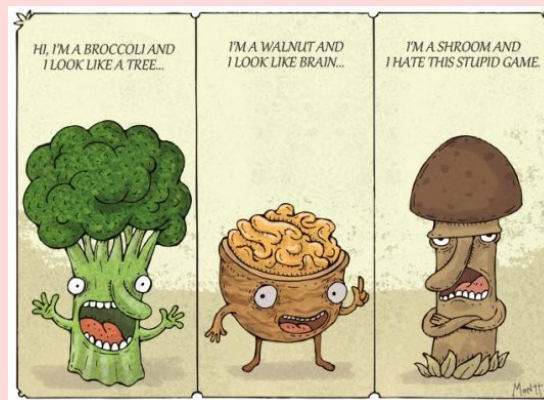
Y D Q U G F H L F C T Z F J I
R G G N I G A K C A P P D T Y
C A R B O H Y D R A T E S C T
X Y G E F I H A P P S I D B X
Q X L U N E T P S S X D N Y I
V A U M S E E P E P P I R L L
A J C G E T B C M Q L T R D C
Q J O W I C O N F U S I O N Y
F B S T B R E U S I S L T B M
S T E Z P L Q N M L U N T K B
T C A L O R I E S T E G O U I
W L C E Y T H G I E W B J C Y
S Z Y J H C D W D I N T A K E
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| 1. APPETITE | 1. GLUCOSE |
| 2. CALORIES | 2. INSULIN |
| 3. CARBOHYDRATES | 3. INTAKE |
| 4. CHEMISTRY | 4. LABELS |
| 5. CONFUSION | 5. PACKAGING |
| 6. CONSUMPTION | 6. PROCESSED |
| 7. DIET | 7. SUGAR |
| 8. ENERGY | 8. SWEET |
| 9. FAD | 9. WEIGHT |
| 10. FAT | 10. WHEAT |

Linda Says...

Your first instinct
is usually right.

DON'T
second guess yourself!



"It's probably just another one of those 'fad diets'."

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**
Fiveson's Fabulous "Fake" Foods are manufactured and
sold exclusively by Linda Fiveson.

*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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