



Linda Fiveson

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Recipe of the Month

Southwest Chicken Burgers with Mango Salsa

Ingredients for Burgers

1 lb. ground white meat chicken breast
1 c. red pepper, finely diced
½ c. onion, finely chopped
2 tsp. chili powder
¼ tsp. garlic powder
¼ tsp. onion powder
¼ tsp. pepper
Salt to taste
1 lime
2 egg whites, beaten

Directions for Burgers

Preheat oven to 350°. Put chicken in mixing bowl. Squeeze juice from lime into the bowl and add the egg whites and remaining ingredients. Mix well and shape into patties. Broil each side approximately 5 minutes or until brown.

Ingredients for Salsa

1 mango, peeled and chopped
¼ cup red pepper, finely chopped
½ onion, finely chopped
2 Tbsp. cilantro, finely chopped
3 Tbsp. lime juice
1 jalapeno pepper, finely chopped

Directions for Salsa

Combine all ingredients in a bowl and mix. Ready to eat or cover and refrigerate. May be served cold or at room temperature.

More recipes on website.

"New and Easy" Doesn't Mean Better

Sometimes I sound like a broken record, but the fact remains that nothing really changes. In the years I've been practicing healthy eating NEW trends in "healthy" eating have come and... certainly, they have gone.

As a fickle group of slimmness-seekers, we are always ready to try anything new, especially if it guarantees us an easy new way to tackle the struggle of the "Difficult Old Way." So, as diet adventurers, we make stops testing new promises of health, and easy roads toward getting slimmer. But, isn't it amazing how everything that was new is now old? How everything that promised to work, did not? And how every new concept and promise that sounded smart is not so smart anymore? This seems to lead us back to square one which makes the oldest of ordinary, common sense.

Meanwhile, diet trends continue to come and go, each of them promising to be the one that will do the "trick" and help us lose the weight finally. Only, losing weight isn't a trick at all; it's a science and there's no magic or easy way out. It takes conscious efforts and hard work to lose the weight and keep it off.

Many of us are still looking at calories, believing that foods with less calories are the better ones. Did you know that all calories are not equal? And that two foods with the

same amount of calories don't necessarily have the same amount of nutrition or benefits?

One of the biggest rages for the last few years has been the invention of 100 calorie packs. You have no idea how many people say, "It only had 100 calories," when the scale doesn't go down, referring to a package of chips or cookies they ate. Somewhere along the line we've allowed ourselves to be duped. Are cookies or chips any healthier or better for you in small doses than in large ones? NO! These smaller portion "snacks" are not a diet food or a health food. They are still processed and loaded with sugar and starches. Just because they only have 100 calories doesn't mean they are healthy or good for you! These "treats" actually set you up for failure by making you want to eat more of them. They certainly don't fill you up or satisfy your sweet tooth (or salty one).

Advertisers for "diet foods" and "diet programs" make a lot of money off the gullible public. We are so desperate to lose weight that we even believe claims that go against our better instincts. We want easy solutions so we are game to try every new gimmick that comes along.

Many of us have lost weight and gained it back again (and some of us, countless times) so we find great appeal in diets that claim they will be easy to follow and will allow us

to keep the pounds off forever. The idea of a "once in a lifetime" plan seems too good to be true. And, it is! There are no magic formulas or magic pills to help us lose weight or maintain the loss. Success requires commitment, discipline, and hard work.

As diet trends come and go, we continue to try them, eager to find success and the right answer for us. We jump around from counting calories to drinking shakes, getting cleanses, taking pills, etc. etc. The list can go on for pages. The truth is, in order to find real success you must commit to changing your eating behaviors and making long term lifestyle changes. I hate to "burst anyone's bubble," but there are no "quick fixes" and any promises of effortless weight loss are untrue.

What it comes down to is that "the Difficult Old Way" is the ONLY way – the right way. I know that because my way has worked for me for the past thirty plus years and it has worked for many others too. I haven't had to change the plan or reinvent it ever. Why? Because it works!

It is said that "what goes around, comes around" and so, the cycle continues... Search as we may for new ways and easy ways, the fact remains that in order to lose weight and keep it off we have to be willing to change OUR ways, not for one week or one month or one year but for always.

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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.

S W I M N W R S G T Z S Y P U
 Z T L U E O S A L V V N F O C
 S O A I P E I U G N O O S U D
 V N G R C E C T A U O I I N L
 J H A C C I N L R T S T T D M
 T M U C F H P I A O S U A S A
 E S O F K M E V L E P L S U I
 I H I E A S Y S K P Q O A X N
 D D C A L O R I E S I S Q H T
 B S T N E M T I M M O C E J A
 E N T P E C N O C A K A S V I
 T R E N D S S Y A W L A H I N
 J X A W T C J Q H T V P F Y D
 V U H Y C I T Q H E A G T H L
 D B W N N X G Y P S M R J N V

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|---------------|---------------|
| 1. ALWAYS | 12. PLAN |
| 2. CALORIES | 13. PORTION |
| 3. COMMITMENT | 14. POUNDS |
| 4. CONCEPT | 15. SATISFY |
| 5. DIET | 16. SNACKS |
| 6. DIFFICULT | 17. SOLUTIONS |
| 7. DISCIPLINE | 18. STARCHES |
| 8. EASY | 19. SUCCESS |
| 9. HEALTHY | 20. SUGAR |
| 10. MAINTAIN | 21. TRENDS |
| 11. NEW | 22. WEIGHT |

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

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

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**



**"Tell me more about the Acupuncture Diet.
 Does it really work?"**

Linda Says

"If there was a magic pill there wouldn't be so many people trying so many diets."

Stick with what works!

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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