



Timely Information for Personal Success

Think Again When Considering These Foods

By *Tim Lencki*

It can be maddening in this day and age when trying to figure out what is healthy to eat and what is not. Here are a few foods you thought were good but may need to reconsider based on new research.

❖ **Multi-grain bread** – Research has shown that consuming whole grains can reduce your risk of heart disease and cancer. This is true, but people assume that eating multi-grain breads will do the same thing. Unfortunately, some of these products are often not 100% whole grain. Rather, they are made from refined, white flour with only a sprinkling of other grains. Additionally, these breads can be just as processed and refined as white bread.

➤ *The solution* – Read labels and look for breads that say made from 100% whole grain or 100% whole wheat flour. Also, stay away from products that say “enriched” or “refined.”

❖ **Fruit juice** – You may think you’re doing something good when you give your kids (or yourself) a drink that says 100% fruit juice. Actually, drinks that say only fruit juice can still have added sugar in the form of fructose.

➤ *The solution* – Try making your own juice with a juicer. I know this is time-consuming, but it’s something to consider toward improving your health. If you don’t want to use a juicer, grab a piece of real fruit and a glass of water.

❖ **Protein bars** – You may opt for a protein bar rather than a candy bar and think you are doing yourself a favor, right? Maybe not. The problem with protein bars is that they are processed and contain stabilizers, preservatives and other ingredients that don’t support good health. Also, the sugar content is usually high.

➤ *The solution* – Choose fresh food that contains similar amounts of calories, protein, fat and fiber. Some examples include nuts, trail mix, peanut butter, apples, berries, raw carrots, cherry tomatoes, cottage cheese, hard-boiled eggs and 100% whole grain crackers. Protein bars are OK on occasion, but don’t make them a habit. ■

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Healthy Recipe: Five-Spice Tilapia

INGREDIENTS:

- 1 pound tilapia fillets
- 1 teaspoon five-spice powder
- 1/4 cup reduced-sodium soy sauce
- 3 tablespoons light brown sugar
- 1 tablespoon canola oil
- 3 scallions, thinly sliced

NUTRITIONAL VALUE:

- Calories per serving: 180
- Carbohydrates: 9 g.
- Protein: 24 g.
- Sodium: 411 mg.
- Fat: 6 g.
- Saturated fat: 1 g.

DIRECTIONS:

- 1 Sprinkle both sides of tilapia fillets with five-spice powder. Combine soy sauce and brown sugar in a small bowl.
- 2 Heat oil in a large nonstick skillet over medium-high heat. Add the tilapia and cook until the outer edges are opaque, about 2 minutes.
- 3 Reduce heat to medium, turn the fish over, stir the soy mixture and pour into the pan. Bring the sauce to a boil and cook until the fish is cooked through and the sauce has thickened slightly, about 2 minutes more.
- 4 Add scallions and remove from the heat. Serve the fish drizzled with the pan sauce.

Makes 4 servings.

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Questions and Answers

Too Much Exercise?

Q: I've heard that it's possible to exercise too much. Can that be true?

A: Yes it is! That's because many people don't understand the importance of rest. Overtraining occurs when your exercise load becomes greater than the amount of time you allow for rest. Overtraining leads to a decrease in performance and lack of results.

There are several ways to avoid overtraining: 1) Schedule rest days at appropriate times. In time you will learn how long it takes for you to recover after a workout. 2) Also, it may be important for you to alternate intensity level, that is try easy days and hard days. 3) If you incorporate strength training and aerobic training into your routine, try alternating between strength training one day and aerobic exercise another day.

Understand that your body needs time to recover in order for positive change to occur. Be careful not to do too much, especially when starting out. Listen to your body and rest without the worry of losing ground.

- Tim Lencki

Unrealistic Expectations can Foil Exercise Hopes

We are often energized by the desire to make exercise a part of our life. However, it's often not long before we've found that the motivation to exercise has melted away along with the snow and cold weather. Do you find yourself in this predicament?

That can be due to unrealistic expectations of what can be accomplished in a given time frame. We hear stories of people who lose large amounts of weight in a short period of time. However, what we don't hear is how they did it (a crazy unrealistic diet and exercise plan that is too life changing to stick with) or the fact that they gained it all back when they couldn't adhere to such a significant lifestyle change.

It's important to set realistic goals that complement your lifestyle. Understand how much time and energy you have to put forth and set goals accordingly. If you have less time and effort, that's OK, just set smaller goals.

The key to success is continual (maybe slow) progress over a long period of time. With small successes over the course of time you will stay motivated and consistent. Consistency will bring results. Remember, it takes time to undo years of inactivity or poor nutrition.

- Tim Lencki

