

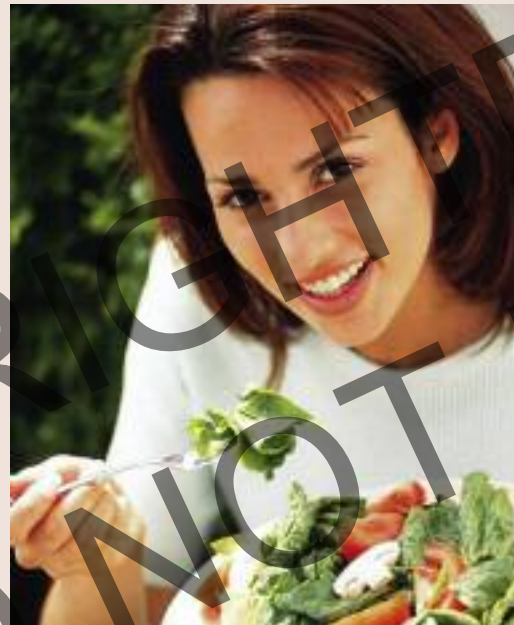
# TEN QUICK TIPS

- 1 **Develop a comfortable morning routine.** Go to bed an hour earlier and get up half an hour earlier and enjoy a healthy breakfast.
- 2 **Eat your meals sitting down.** Don't ever eat standing up.
- 3 **Don't watch TV while you eat.** Think about the food and savor every bite.
- 4 **Always eat a salad with dinner.** Studies show, people who eat a salad are more likely to lose weight and keep it off.
- 5 **Don't skip meals.** That only adds to your stress and makes you more likely to over-eat later.
- 6 **Reduce caffeine.** 2 ½ cups of coffee doubles the amount of adrenaline in your blood stream. Sources of caffeine include coffee, tea, colas, and chocolate.
- 7 **Exercise every day.** Light exercise not only lowers stress, it trims your waistline. 10 minutes of walking, gardening or even household chores, 3 times a day can make a big difference.
- 8 **Drink lots of water.** Water feels filling and yet it's calorie-free.
- 9 **Lift weights for five minutes a day.** It builds muscles which in turn raises your base metabolism.
- 10 **Keep a food/mood journal.** Write down everything you put in your mouth for two weeks and the moods you were in before eating and how you felt afterwards. For extra credit, track your calories too.

**1** *easy*  
PAGE information guides

## Diet & STRESS

### *Eating Right and Thinking Right About Eating*



## What you need to know...

Americans spend millions dollars each year on weight loss plans and weight loss products but the plain and simple truth is *most diets don't work*. Some diets lead to a loss of water weight, which is only temporary. Other diets cause a reduction in lean body tissue, which eventually leads to weight gain. And still other diets (like protein diets) focus on one food group - at the expense of others your body needs for optimum health. As a result, these fad diets either don't work or actually do more harm than good. Research shows you'll put back on 80% of the weight you lose on any diet within 12 months.

**Dieting is stressful.** Trying not to eat is like trying not to breathe. You just can't do it. Eventually you'll lose your will-power, your self-esteem will plummet, you'll feel stressed and then what do you do?

*You eat to make yourself feel better.*

**Managing your stress is an important part of managing your weight.** When you eat a whole bag of chips or a pint of Ben & Jerry's at a single sitting, you are engaging in what psychologists call "non-productive coping" behavior. Yes, the food will give you some comfort after a stressful day, but there's a

price you'll pay for that form of comfort, especially if you depend on it regularly. And that price is the increased health risks associated with obesity which include heart disease, diabetes, stroke, high blood pressure and perhaps even certain kinds of cancer.



**The number one reason why people relapse is stress.** Dr. James Prochaska, author of the book "Changing for Good," teaches people that any lifestyle change, whether it's giving up smoking, or eating healthier, can not be sustained without a stress management program in place. "The number one reason why people relapse back into their old behaviors is emotional stress."

So a more *productive* way of coping with a stressful day than eating your way through a family-sized bag of Tostitos would be

to take a walk, practice yoga, or do some deep breathing.

**Thinking about dieting, without thinking about how to manage your stress is a recipe for failure.** This brochure will show you how to manage your stress, manage your weight and change your diet. Not temporarily but over the long haul as part of a permanent change in lifestyle.

# What you might ask...

## Why do I over eat when I'm stressed?

We overeat for many reasons. We may be conditioned from early childhood to seek comfort in certain foods. We overeat because it's distracting and pleasurable and takes our mind off of our stress. We also overeat when we're bored, when we skip a meal or ironically when we diet. When dieting, the pressure *not* to eat is a source of stress. To avoid over-eating when you're stressed, become aware of when you are eating to manage stress and when you are eating to manage hunger. Eating to manage stress, or *emotional eating*, usually involves some level of binging on one particular type of food rather than sitting down to eat a balanced meal.

**What else can I do to avoid overeating when I'm stressed?** One way to retrain yourself is to keep a journal of everything you eat for two weeks. Make a note of the mood you were in and what happened to cause that mood.

This forces you to think about all the food you put in your mouth and the reasons you put it there. Another way to avoid over-eating when

you are stressed is to find comfort in other activities besides eating. That might include exercising, meditating, calling up an old friend or doing some chores around the house.

## Do certain beverages make me nervous and more stressed? Yes.

The caffeine in coffee, tea, and cola beverages is a stimulant which acts on your body in the same way that stress does. Just 2 1/2 cups of coffee a day doubles the amount of adrenaline in your bloodstream. This adrenaline causes your heart to beat faster, your muscles to become tense and for you to feel nervous and jittery.

## I have heard that chocolate and certain other foods have a calming effect. Is that true?

Chocolate contains a chemical called phenylethylamine which increases the level of endorphins in the brain, the body's natural tranquilizer. Turkey and chicken are a good source of tryptophan, an amino acid which is converted into serotonin. Serotonin is a neurotransmitter often found in short supply in people who are suffering from anxiety and depression.



# What you can do...



**Breakfast and your morning routine.** Feeling rushed in the morning? Go to bed earlier and get up a half-hour earlier and take ten minutes for yoga, a short walk or a relaxing bath or shower. Then sit down to a bowl of healthy cereal (try finding something with *at least* two grams of fiber per serving) and fruit or, try a 1½ egg (1 egg + 1 egg white) omelet with cheese and veggies. Either choice is less than 300 calories. Avoid muffins and bagels. Even plain, they're loaded with calories.

**Lunch time.** Try a *half-sandwich* on whole wheat bread instead of a sub or something on a *big bun*. There are a ton of calories in those big rolls. This change alone could save you a thousand or more calories a week! A salad for lunch is another healthy option. What about water instead of juice or soda? There's another 150 + calories saved every day! (This one change alone - if practiced every day - would result in a loss of 15 pounds per year!) Carrots, fruit or even reduced fat chips make a reasonably healthy side dish. That puts lunch at around 600 calories. Take a twenty minute walk after eating or deliver something by foot, up a few flights of stairs, or to the opposite end of your building.

**Midday snack.** How about an apple instead of cookies? It's only 75 calories. The cookies are likely to top 300. Stretch at your desk or work station for five minutes.

**Dinner time.** Start with a salad. Find a vinaigrette dressing that you love (it doesn't *have* to be low fat but measure it out: 2 tablespoons or less.) People who eat a salad every day are more likely to lose weight and keep it off. Skip the bread before dinner. Eat one portion of everything including desert. (Why feel deprived when you don't have to? A scoop of ice cream is about 250 calories.) Be careful with pasta. A serving size is less than you think (and totals about 210 calories) but a half cup of tomato sauce is less than 100. A 3 oz cut of meat and a plain baked potato are OK too, but see if you can increase the number of vegetables you consume. Whether it's a casserole, a pizza or stir-fry, vegetables add flavor, bulk (which makes the dish more filling) and usually reduce the overall calories consumed. Depending on your body type and activity levels, you've got



around a 800-1200 calories to spend on dinner so you can experiment with different combinations. Will-power seems to diminish as your stress levels naturally increase during the day. So leave some calories to look forward to at the end of the day. (*A calorie is a calorie no matter what time it's consumed, but don't skip a meal or starve yourself during the day or you will be likely to overeat at night*). Go for a fifteen minute walk just before or just after dinner.

**After dinner.** Brush your teeth by 9PM to avoid late night eating. If you still feel like munching, try meditating instead. Turn the TV off at 10 PM and read something inspiring until you fall asleep.