

# FIGHTING OBESITY

CHOOSE TO LOSE: YOUR JOURNEY TO A HEALTHIER YOU!

## FITNESS AND DIET

ITOUCHFOOD CULINARY CENTER INC.

CULINARY.ITOUCHFOOD.COM

4

SEP 2023

CANADA EDITION



TRIM FOR HEALTH!

# HEALTHY COMFORT FOOD SWAPS



1. **Cauliflower Mashed Potatoes:** Instead of traditional mashed potatoes, try making mashed cauliflower. Steam or boil cauliflower until tender, then blend with a little olive oil, garlic, and your favorite herbs. It's lower in calories and carbs while still creamy and delicious.
2. **Sweet Potato Fries:** Swap out regular fries for baked sweet potato fries. Sweet potatoes are packed with vitamins and fiber and offer a naturally sweet flavor.
3. **Greek Yogurt Parfait:** Replace ice cream sundaes with a Greek yogurt parfait. Layer Greek yogurt with fresh berries, a drizzle of honey, and some granola for a satisfying dessert.
4. **Zucchini Noodles (Zoodles):** Instead of traditional pasta, spiralize zucchini to create "zoodles." Top with your favorite pasta sauce or pesto for a lower-carb alternative.
5. **Quinoa Mac and Cheese:** Use quinoa pasta and a cheese sauce made with low-fat milk and less cheese to create a healthier mac and cheese.
6. **Baked Chicken Tenders:** Skip fried chicken tenders and make baked ones by coating chicken strips in whole wheat breadcrumbs or almond meal. Bake until crispy and serve with a healthy dip like homemade salsa.
7. **Cauliflower Pizza Crust:** Make your pizza on a cauliflower crust instead of traditional dough. It's gluten-free and lower in carbs.
8. **Oatmeal Pancakes:** Opt for pancakes made with oatmeal instead of regular flour. Blend rolled oats into a fine flour and mix with eggs and mashed bananas for a nutritious breakfast.
9. **Turkey or Veggie Burger:** Swap out beef burgers for turkey or veggie burgers. These alternatives are leaner and offer a variety of flavors and toppings.
10. **Baked Apples:** Instead of apple pie, try baked apples. Core apples, fill the centers with a mixture of oats, cinnamon, and a touch of honey, then bake until tender.

These swaps can help you enjoy your favorite comfort foods while making healthier choices for your overall well-being.

# MINDFUL EATING TECHNIQUES



1. **Eat Slowly:** Take your time with each bite to savor your food and recognize when you're full.
2. **Engage Senses:** Pay attention to colors, smells, textures, and tastes of your food.
3. **No Distractions:** Avoid screens or other distractions while eating.
4. **Portion Control:** Start with smaller portions to prevent overeating.
5. **Chew Thoroughly:** Aim for 20-30 chews per bite for better digestion.
6. **Listen to Hunger:** Eat when hungry, stop when satisfied.
7. **Breathe:** Take deep breaths before and during your meal to stay present.
8. **Emotional Check-In:** Assess your emotions before eating to avoid emotional eating.
9. **Express Gratitude:** Be thankful for your meal and those who prepared it.
10. **Mindful Bites:** Take small, mindful bites for a better eating experience.
11. **Non-Judgmental:** Don't judge your food choices; be kind to yourself.
12. **Pause Between Servings:** Wait before having seconds to gauge fullness.
13. **Silence Inner Critic:** Redirect negative thoughts with self-compassion.
14. **Reflect on Food Origins:** Consider where your food comes from.
15. **Practice Gratitude:** After eating, express gratitude for your nourishment.

These shorter tips can help you start practicing mindful eating in a more concise way.



# PLANT-BASED POWER MEALS



**Quinoa & Black Bean Salad:** Mix quinoa with black beans, veggies, and a lime vinaigrette.

**Chickpea Stir-Fry:** Sauté chickpeas with colorful veggies in stir-fry sauce over rice or noodles.

**Tofu Curry:** Make a creamy coconut curry with tofu and veggies, served with brown rice.

**Sweet Potato Burrito Bowl:** Roasted sweet potatoes, black beans, avocado, salsa, and tahini dressing.

**Lentil Soup:** Hearty soup with lentils, veggies, and spices.

**Chia Pudding with Berries:** Chia seeds soaked in almond milk with berries.

**Stuffed Bell Peppers:** Fill peppers with mushrooms, quinoa, spinach, and vegan cheese.

**Veggie Pasta Primavera:** Whole-grain pasta with sautéed veggies and olive oil.

**Hummus Wrap:** Whole-grain wrap with hummus, veggies, and shredded carrots.

**Vegan Buddha Bowl:** Quinoa or rice with roasted veggies, tofu or tempeh, and tahini sauce.



## SUGAR ALTERNATIVES



1. Stevia: A natural sweetener derived from the leaves of the stevia plant. It is much sweeter than sugar, so a little goes a long way.
2. Erythritol: A sugar alcohol that has zero calories and doesn't raise blood sugar levels. It's commonly used in low-calorie and sugar-free products.
3. Monk Fruit Extract: Derived from monk fruit, this sweetener has zero calories and is often used as a sugar substitute in baking and beverages.
4. Xylitol: Another sugar alcohol, xylitol has fewer calories than sugar and is often used in sugar-free gum and dental products.
5. Agave Nectar: A natural sweetener extracted from the agave plant. It's sweeter than sugar, so you can use less of it.
6. Maple Syrup: While it's still a sugar, pure maple syrup is less processed and contains some minerals. Use it in moderation for a more natural sweetener.
7. Honey: A natural sweetener with potential health benefits, including antioxidants. Opt for raw, unprocessed honey.



## SWEET TREATS



1. **Fruit Salad:** Create a colorful fruit salad with a variety of fresh fruits. Drizzle with a touch of honey or sprinkle with cinnamon for extra flavor.
2. **Greek Yogurt Parfait:** Layer Greek yogurt with fresh berries, nuts, and a drizzle of honey for a healthy and satisfying dessert.
3. **Dark Chocolate:** Choose dark chocolate with a high cocoa content (70% or more) for a rich, satisfying treat with less sugar.
4. **Baked Apples:** Core apples, fill with a mixture of oats, cinnamon, and a touch of honey, and bake until tender.
5. **Chia Seed Pudding:** Mix chia seeds with almond milk and a natural sweetener. Let it sit overnight, and top with berries for a creamy and nutritious dessert.
6. **Frozen Banana "Ice Cream":** Blend frozen bananas until creamy for a guilt-free ice cream alternative. Add cocoa powder, peanut butter, or berries for flavor.
7. **Energy Bites:** Make no-bake energy bites using oats, nut butter, honey or maple syrup, and your favorite mix-ins like chocolate chips or dried fruit.



# KITCHEN HACKS FOR WEIGHT LOSS

Here are some kitchen hacks for weight loss to help you make healthier choices and manage portion sizes:

- **Prep Healthy Snacks:** Wash, chop, and portion out healthy snacks like carrots, celery, and bell peppers. Store them in easily accessible containers in the fridge for quick, convenient options.
- **Use Smaller Plates:** Opt for smaller plates and bowls to help control portion sizes. Smaller dishes can make reasonable portions appear more substantial.
- **Meal Prep:** Spend some time each week meal prepping. Cook grains, proteins, and vegetables in advance, so you have healthier options readily available when you're busy.
- **Stock Healthy Staples:** Keep your pantry stocked with staples like whole grains (quinoa, brown rice), canned beans, and low-sodium broth for easy, nutritious meals.
- **Portion Control Containers:** Invest in portion control containers that help you measure out the right portions of food groups like proteins, grains, and veggies.
- **Mindful Plating:** When plating your meals, fill half your plate with vegetables, a quarter with lean protein, and a quarter with whole grains to ensure a balanced meal.
- **Cook at Home:** Cooking at home allows you to control ingredients and portion sizes. You're less likely to overindulge compared to eating out.
- **Replace High-Calorie Ingredients:** Swap high-calorie ingredients with healthier alternatives. For example, use Greek yogurt instead of sour cream or applesauce instead of sugar in baking.



# KITCHEN HACKS FOR WEIGHT LOSS



- **Store Leftovers Wisely:** Divide large meals into individual portions and store them in the fridge or freezer to prevent overeating. Label and date containers for easy identification.
- **Plan Your Meals:** Plan your meals for the week, including snacks, to avoid impulsive, unhealthy choices.
- **Drink More Water:** Stay hydrated to help control hunger. Sometimes, your body may mistake thirst for hunger.
- **Keep Healthy Snacks Visible:** Place healthier snacks at eye level in the pantry or on the kitchen counter. You're more likely to reach for these when you're hungry.
- **Use Cooking Spray:** Invest in a non-stick cooking spray to reduce the amount of oil or butter needed for cooking.
- **Practice Portion Awareness:** Learn portion sizes for common foods so you can estimate servings without needing to measure everything.
- **Limit Liquid Calories:** Be mindful of liquid calories from sugary beverages. Opt for water, herbal tea, or sparkling water instead.
- **Reduce Salt:** Gradually reduce the amount of salt you add to your recipes. Use herbs, spices, and citrus for flavor instead.
- **Don't Skip Breakfast:** Start your day with a nutritious breakfast to kickstart your metabolism and prevent overeating later in the day.
- **Eat Mindfully:** Sit down and eat without distractions. Pay attention to what you're eating, savor each bite, and listen to your body's hunger and fullness cues.

These kitchen hacks for weight loss can help you make healthier choices and manage your portions effectively, supporting your weight loss goals.

# THE SCIENCE OF WEIGHT LOSS



Weight loss is a complex process influenced by various factors, including biology, metabolism, psychology, and behavior. Here's an overview of the science of weight loss:

- **Calories In vs. Calories Out (Energy Balance):** Weight management fundamentally revolves around the concept of energy balance. To lose weight, you need to consume fewer calories than your body expends. This is achieved by either reducing calorie intake or increasing physical activity.
- **Metabolism and Basal Metabolic Rate (BMR):** Your metabolism plays a critical role in determining how many calories your body burns at rest. BMR is the number of calories your body needs to maintain basic functions like breathing and digestion. It varies from person to person and is influenced by factors like age, gender, genetics, and muscle mass.
- **Dietary Choices:** The types and amounts of food you eat have a significant impact on weight loss. Whole, nutrient-dense foods like fruits, vegetables, lean proteins, and whole grains can help control appetite and provide essential nutrients while reducing calorie intake.
- **Portion Control:** Eating appropriate portion sizes is crucial. Overeating, even healthy foods, can lead to weight gain. Portion control helps you manage calorie intake.
- **Physical Activity:** Regular physical activity increases the number of calories your body burns and can help with weight loss. It also has numerous health benefits beyond weight management.
- **Hormones and Appetite Regulation:** Hormones like leptin and ghrelin play a role in appetite regulation. Leptin signals fullness, while ghrelin stimulates hunger. Imbalances in these hormones can affect appetite and weight.
- **Behavioral Factors:** Emotional eating, stress, lack of sleep, and environmental cues can influence eating habits. Behavioral changes, like practicing mindful eating and stress management, can support weight loss efforts.

# THE SCIENCE OF WEIGHT LOSS



- **Genetics:** Genetics can impact factors like metabolism, fat storage, and the tendency to gain or lose weight. However, genetics do not determine destiny, and lifestyle choices still play a crucial role.
- **Gut Microbiome:** Emerging research suggests that the composition of the gut microbiome may influence weight regulation and metabolism. A healthy gut may support weight loss efforts.
- **Medical Conditions:** Certain medical conditions, such as thyroid disorders and polycystic ovary syndrome (PCOS), can affect metabolism and make weight management more challenging. Managing these conditions is essential for successful weight loss.
- **Sustainability:** Successful weight loss is often about making sustainable lifestyle changes rather than extreme diets or temporary measures. Gradual, steady progress is more likely to be maintained.
- **Individual Variation:** Weight loss is highly individualized. What works for one person may not work for another. It's essential to find an approach that fits your unique needs, preferences, and goals.
- **Long-Term Maintenance:** Maintaining weight loss can be as challenging as losing weight. It requires continued attention to diet, physical activity, and healthy habits.

In summary, weight loss is a multifaceted process that involves creating a calorie deficit, making healthy dietary choices, being physically active, and addressing factors like metabolism, hormones, genetics, and behavior. A holistic and personalized approach is key to achieving and maintaining a healthy weight. Consulting with a healthcare professional or registered dietitian can provide guidance and support on your weight loss journey.

# FAMILY-FRIENDLY HEALTHY MEALS



Creating family-friendly healthy meals can be both delicious and nutritious. Here are some ideas for meals that the whole family can enjoy:

- 1. Veggie-Packed Spaghetti Sauce:** Make a homemade tomato sauce loaded with finely chopped vegetables like carrots, bell peppers, zucchini, and spinach. Serve it over whole-grain pasta.
- 2. Grilled Chicken Fajitas:** Marinate chicken strips in fajita seasoning, grill them, and serve with whole-grain tortillas, sautéed bell peppers, onions, guacamole, and salsa.
- 3. Quinoa and Black Bean Stuffed Peppers:** Fill bell peppers with a mixture of cooked quinoa, black beans, corn, diced tomatoes, and spices. Top with cheese and bake until tender.
- 4. Baked Sweet Potato Fries:** Cut sweet potatoes into fries, toss with a little olive oil, salt, and pepper, then bake until crispy. Serve with a side of Greek yogurt-based dip.
- 5. Veggie-Packed Stir-Fry:** Sauté a colorful mix of vegetables like broccoli, carrots, snap peas, and bell peppers with tofu or lean protein in a flavorful stir-fry sauce. Serve over brown rice or quinoa.
- 6. Mini Turkey and Veggie Meatloaves:** Make individual-sized meatloaves using lean ground turkey and finely chopped veggies like mushrooms, onions, and spinach. Bake until cooked through and serve with a side of steamed green beans.
- 7. Homemade Pizza Night:** Create personal whole-grain pizza crusts and let everyone top their own with tomato sauce, low-fat cheese, and plenty of veggies like mushrooms, bell peppers, and spinach.
- 8. DIY Taco Bar:** Set up a taco bar with lean ground beef or turkey, whole-grain taco shells, and a variety of toppings like lettuce, tomatoes, avocado, and salsa.
- 9. Spinach and Cheese Stuffed Chicken Breast:** Butterfly chicken breasts, stuff with a mixture of spinach, low-fat cheese, and garlic, then bake until cooked through.

# FAMILY-FRIENDLY HEALTHY MEALS



**10. Veggie Omelets:** Have breakfast for dinner with veggie omelets. Each family member can customize their omelet with vegetables, cheese, and lean proteins like turkey or tofu.

**11. One-Pan Chicken and Vegetable Bake:** Place chicken breasts or thighs on a baking sheet with a variety of colorful vegetables and season with herbs and olive oil. Roast until everything is cooked through.

**12. Whole-Grain Pancakes with Fresh Berries:** Make whole-grain pancakes topped with fresh berries and a drizzle of pure maple syrup for a healthier breakfast option.

**13. Veggie and Bean Chili:** Prepare a hearty vegetable and bean chili with tomatoes, onions, bell peppers, beans, and spices. Serve with whole-grain bread or brown rice.

**14. Greek Salad with Grilled Chicken:** Toss together a Greek salad with tomatoes, cucumbers, olives, and feta cheese, then top with grilled chicken strips and a light vinaigrette.

**15. Lentil and Vegetable Soup:** Create a comforting soup with lentils, carrots, celery, onions, and spices. Serve with whole-grain crackers or a side salad.

These family-friendly meals incorporate plenty of vegetables, whole grains, lean proteins, and balanced flavors to satisfy both your taste buds and your health goals. You can adapt these ideas to suit your family's preferences and dietary restrictions.

# EATING OUT WITHOUT REGRET

Eating out without regret is possible with mindful choices and a balanced approach. Here are some tips to enjoy restaurant meals while staying on track with your health goals:

1. **Plan Ahead:** Check the menu online before going.
2. **Choose Grilled:** Opt for grilled or baked items over fried.
3. **Share or Box:** Share large dishes or box up half for later.
4. **Modify Orders:** Ask for dressings and sauces on the side.
5. **Mind Portions:** Be mindful of appetizers and sides.
6. **Limit Sugary Drinks:** Choose water or light cocktails.
7. **Start with Salad or Soup:** Control appetite with a starter.
8. **Listen to Hunger:** Stop when satisfied, not overly full.
9. **Healthier Desserts:** Share or choose fruit-based desserts.
10. **Stay Hydrated:** Drink water during the meal.
11. **Whole Grains:** Choose brown rice or quinoa when possible.
12. **Be Mindful:** Enjoy your meal without guilt.

Remember that dining out should be an enjoyable experience. By making mindful choices and being aware of what you're eating, you can savor your meal without feeling regretful afterward. It's all about balance and moderation.



# MAPLE SPICE CHAI LATTE



## Ingredients:

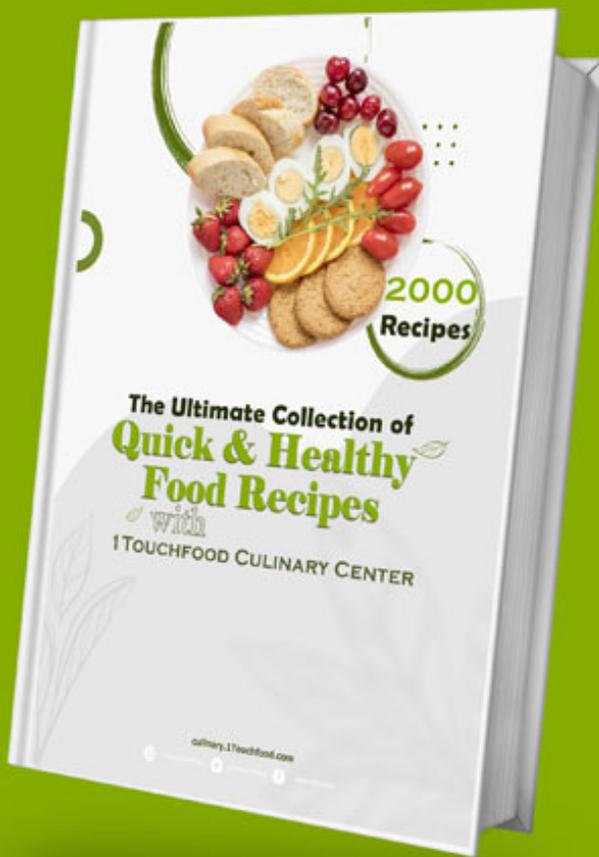
- 1 cup unsweetened almond milk (or your preferred milk)
- 1 black tea bag (or 1 tablespoon loose leaf black tea)
- 1 cinnamon stick
- 2-3 cloves
- 1-2 cardamom pods, lightly crushed
- 1 small piece of fresh ginger, sliced
- 1-2 tablespoons pure Canadian maple syrup
- Ground cinnamon for garnish (optional)

[culinary.1TouchFood.com](http://culinary.1TouchFood.com)

## Instructions:

1. In a small saucepan, combine the almond milk, cinnamon stick, cloves, cardamom pods, and fresh ginger slices. Heat over low heat until it begins to simmer. Be careful not to let it boil.
2. Once it starts simmering, remove it from heat and add the black tea bag or loose leaf black tea. Steep for 3-5 minutes, or until it reaches your desired tea strength.
3. Remove the tea bag or strain out the loose tea leaves and spices.
4. Stir in 1-2 tablespoons of pure Canadian maple syrup, adjusting the sweetness to your taste.
5. Pour the maple spice chai latte into a mug, and if desired, sprinkle a pinch of ground cinnamon on top for added flavor and presentation.
6. Serve hot and enjoy the cozy flavors of Canadian winter in a low-sugar, comforting beverage.

This Maple Spice Chai Latte combines the warmth of traditional chai spices with the unique sweetness of Canadian maple syrup, making it perfect for a cold winter day in Canada without excessive added sugar.



[culinary.1TouchFood.com](http://culinary.1TouchFood.com)



**WHICH  
ONE?**





50 Delicious Recipes  
**WEIGHT LOSS-FRIENDLY**  
**SALADS**



Culinary.1TouchFood.com

# RECIPES



50 Delicious Recipes  
**QUICK & HEALTHY**  
**BBQ AND GRILLING**



Culinary.1TouchFood.com

[culinary.1TouchFood.com](http://culinary.1TouchFood.com)



50 Delicious Recipes  
**HEALTHY LUNCH**  
**FOR WEIGHT LOSS**



Culinary.1TouchFood.com



50 Delicious Recipes  
**QUICK & HEALTHY**  
**BREAKFAST**



Culinary.1TouchFood.com



50 Delicious Recipes  
**HEALTHY DINNER**  
**FOR WEIGHT LOSS**



Culinary.1TouchFood.com



50 Recipes for  
**REDUCE BODY FAT**



Culinary.1TouchFood.com



50 Recipes for  
**INCREASE LIBIDO**



Culinary.1TouchFood.com



50 Recipes with  
**HIGH OMEGA-3**



Culinary.1TouchFood.com



## Fitness-Food Connection

The connection between fitness and food is a fundamental aspect of overall health and well-being. Here's how the two are closely intertwined:

- **Energy Balance:** Food provides the energy (calories) necessary for physical activity and exercise. Maintaining an appropriate energy balance is crucial for achieving fitness goals. Consuming too many calories without enough exercise can lead to weight gain, while not consuming enough calories can hinder performance and muscle growth.
- **Nutrient Intake:** The nutrients in food, including carbohydrates, proteins, fats, vitamins, and minerals, are essential for fueling workouts, repairing muscle tissue, and supporting overall health. Proper nutrient intake enhances exercise performance and recovery.
- **Pre-Workout Fuel:** Eating the right foods before a workout can provide the energy needed for optimal performance. Carbohydrates are particularly important as they are the primary source of energy during exercise. Protein and fats also play roles in sustained energy and muscle support.
- **Post-Workout Recovery:** After exercise, the body requires nutrients to repair and rebuild muscle tissues. Consuming a combination of protein and carbohydrates within the post-workout window is essential for recovery and muscle growth.
- **Hydration:** Staying properly hydrated is vital for exercise performance and overall health. Dehydration can lead to reduced endurance, muscle cramps, and heat-related illnesses. Drinking enough water and consuming electrolytes when needed are key components of fitness nutrition.



**[culinary.1TouchFood.com](https://culinary.1TouchFood.com)**



## Fitness-Food Connection

- **Weight Management:** A balanced diet that supports fitness goals can help with weight management. Whether you're looking to lose weight, gain muscle, or maintain a healthy weight, the type and amount of food you eat play a significant role.
- **Optimizing Macronutrients:** Depending on your fitness goals, you may need to adjust your macronutrient intake. For instance, those focused on building muscle may require more protein, while endurance athletes may benefit from a higher intake of carbohydrates.
- **Micronutrients and Recovery:** Vitamins and minerals are essential for various bodily functions, including muscle contraction and recovery. A diet rich in a variety of fruits and vegetables provides essential micronutrients that support overall fitness.
- **Long-Term Health:** Consistently making healthy food choices and engaging in regular physical activity can lower the risk of chronic diseases such as obesity, diabetes, heart disease, and certain types of cancer.
- **Mental Well-Being:** Proper nutrition can also positively impact mental health, which is closely tied to fitness. A balanced diet can help manage stress, anxiety, and mood swings, enhancing the overall fitness-food connection.

In summary, the relationship between fitness and food is symbiotic. The nutrients you obtain from your diet provide the fuel and building blocks for your physical activities, while exercise helps your body process and utilize these nutrients efficiently. To achieve and maintain fitness goals, it's essential to pay attention to your diet, making informed choices that support your exercise regimen and overall well-being.

**[culinary.1TouchFood.com](https://culinary.1TouchFood.com)**





# CULINARY DELIGHTS AND CALORIC CHALLENGES: EXPLORING CANADA'S TEMPTING FOODS

In Canada, as in many other countries, there is easy access to a wide range of foods, including those that can contribute to weight gain when consumed excessively.

Some common foods that can be associated with weight gain in Canada include:

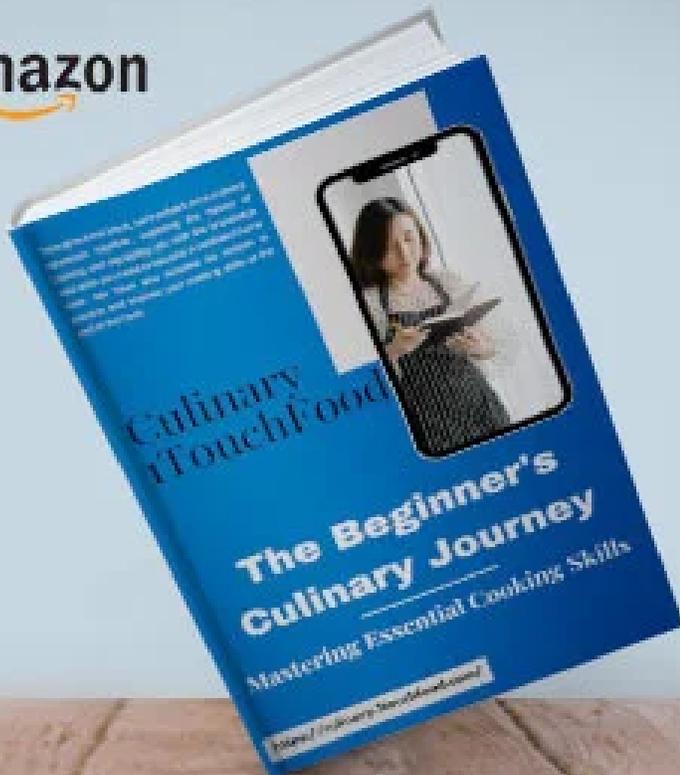
1. **Fast Food:** Canada has a significant presence of fast-food chains offering high-calorie, low-nutrient options like burgers, fries, and sugary beverages.
2. **Processed Foods:** Packaged and processed foods, which often contain added sugars, unhealthy fats, and excessive sodium, can contribute to weight gain if consumed regularly.
3. **Sugar-Sweetened Beverages:** Drinks like soda, fruit juices with added sugars, and energy drinks are widely available and can contribute to excessive calorie intake.
4. **Baked Goods:** Canada has a rich tradition of baked goods, including pastries, doughnuts, and other sweets that can be high in sugar and unhealthy fats.
5. **Poutine:** A Canadian specialty, poutine consists of french fries smothered in gravy and cheese curds, making it a calorie-dense dish.
6. **Butter Tarts:** A classic Canadian dessert, butter tarts are made with sugar, butter, and often include ingredients like raisins or pecans, making them high in calories.
7. **Nanaimo Bars:** These no-bake bars are made with layers of sweet ingredients like custard, coconut, and chocolate, resulting in a calorie-rich treat.
8. **Maple Syrup:** While a natural sweetener, maple syrup is calorie-dense and can be overconsumed when used excessively.
9. **Ice Cream:** Canada offers a wide variety of ice cream flavors and toppings, making it easy to indulge in high-calorie desserts.
10. **Pancakes and Waffles:** When topped with syrup, whipped cream, and sugary fruit sauces, pancakes and waffles can become calorie-laden breakfast options.
11. **Craft Beers:** Canada has a growing craft beer industry, and while enjoying a craft beer is fine in moderation, excessive alcohol consumption can contribute to weight gain due to its calorie content.

It's important to emphasize that these foods can be enjoyed as occasional treats, but a balanced diet rich in whole, unprocessed foods is essential for maintaining a healthy weight and overall well-being. Moderation and portion control are key when consuming calorie-dense or high-sugar foods. Additionally, adopting a physically active lifestyle can help counteract the effects of calorie-rich foods.

# 1TouchFood Culinary Center

[culinary.1TouchFood.com](http://culinary.1TouchFood.com)

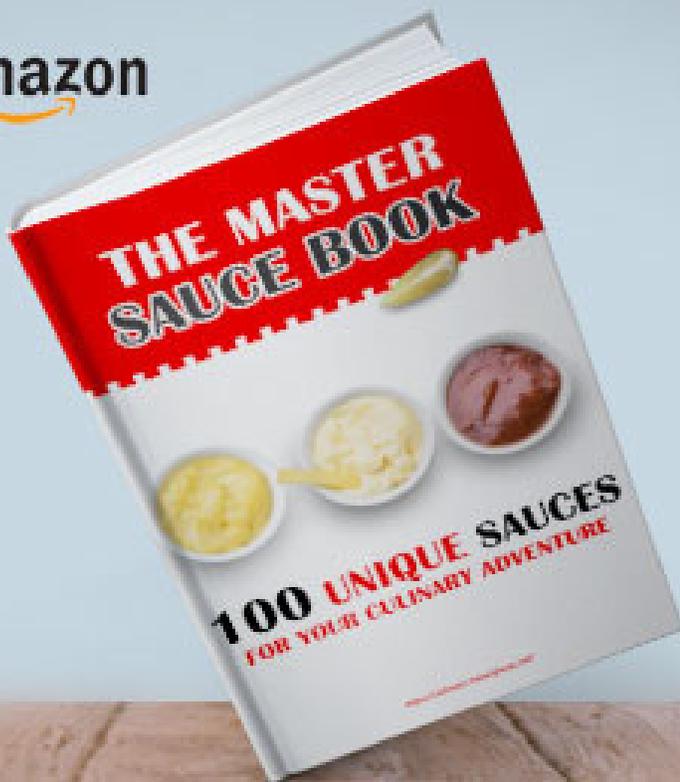
amazon



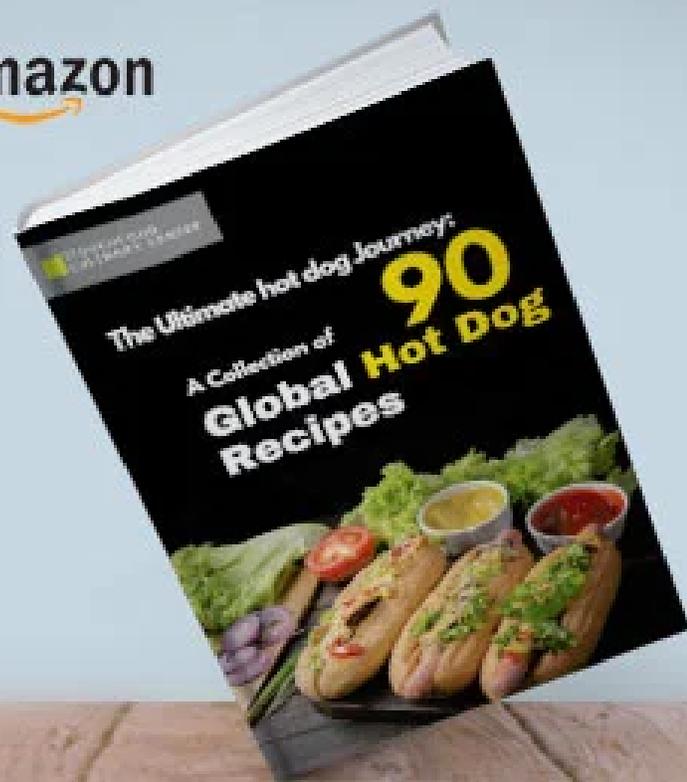
amazon



amazon



amazon



# RADIO COOKING



## **RADIO COOKING**

*Spicing Up Your Airwaves with Delicious Flavors!*

[CULINARY.1TOUCHFOOD.COM/RADIO-COOKING/](http://CULINARY.1TOUCHFOOD.COM/RADIO-COOKING/)