

# THE MONTH OF LOVE!



YOUR PARTNER IN LIFE STYLE CHANGE!

## NEWS "BITES" FEBRUARY 2022

Changing your life style one bite at a time!

With January well behind us the year seems to have kicked off in first gear!  
The Valentine theme resonates in February- love yourself enough to make  
healthy lifestyle choices!

*"I am a better person when I have less on my plate"*  
- Elizabeth Gilbert, *Eat, Pray, Love*

### **For the love of food!**

A good dinner will make anyone smile. When we go to a friend's house, we eat with them. When we celebrate there is always food. Families are united around the dining table. When we experience a new culture - you guessed it - we try their food!

*How do we love food AND lose weight?  
How do we celebrate food while keeping an eye on the waistline?*

The answer is quite simple. Cook, bake and eat **SMART**.

#### **S - Soluble fiber**

When we add soluble fiber (e.g. oats / legumes) to our cooking or baking we lower the GI because it delays the emptying of the stomach

#### **M - Moderation**

"Should you have cake -eat just a small slice" - Mary Berry

#### **A - organic Acid**

Organic acids such as lemon juice and vinegar lower the GI.  
e.g. if you add an acidic dressing to a salad it lowers the GI of the meal  
which in turn aids weight loss.

#### **R - Responsibility**

When the party is over and the guests are going home  
- the responsibility of a healthy body is still your own

#### **T - Time**

Take your time when eating the things you love.

Enjoy every bite to the full.

*Have a happy Valentines month!*

