

If the “why” is strong enough, the “how” will figure itself out.-David Wolfe

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**Rex sponsored
Health Fair at Brier
Creek County Club
Saturday May 30th –
Details TBA**

Food For Thought

Were you awarded your position at work as soon as you graduated college, or did you have to slowly and deliberately work towards your career goal? Did you tell your child to quit when he/she lost their first soccer game, or did you encourage them to keep trying their best? Here's some food for thought...how about practicing what you preach? Why is it that we can be patient and supportive with others, but not ourselves?

It can be difficult to do the things we know we should. On top of that, we then expect immediate results for our “efforts”. For example, if you have coffee every morning, then your taste buds might rebel over the green tea you try to give them. If your TV watching buddy is a big bag of chips, then an apple might not cut it. Your taste buds crave what you give them, especially because you have given it to them for the last 10, 20, 30 years! So, moving forward, give yourself the same pep talk that you would someone you care about, and know that there is a small period of time (a blip in the grand scheme of things) where you will relearn what your body needs, and recondition your body and mind. It's a glorious moment in time when you realize you are craving healthy things. Give health a chance, and be strong and consistent. After all, what is 3 - 4 weeks when you have 30, 40, 50 years left on the planet. Genes play a role in our health, but less that you might think. Up to 75% of how you age is directly affected by your lifestyle choices, and many genes are activated by poor lifestyle choices. Life is a long time, so ***Love Yourself to Health and don't give up.*** If you don't like a certain brand, try another one until you find one you like.

So, in the moment when you are faced with a choice- a choice to work out or to go home, a choice to eat another cookie, or stop at two, a choice to spend extra dollars on organic chicken, a choice to hang around negative people, realize the gift at hand. **The choices are yours, though they aren't easy, they are yours to make!** Next time you are in that moment in time, that 30 seconds between feeling good and feeling bad, choose YOU and Love Yourself to Health. And if you make the unhealthier choice, remember tomorrow is another day.

Food Focus

Calorie density (CD) is the number of calories per pound of food. The CD is lowest in unprocessed plant foods. By filling up on these, a person can balance blood sugar, and have fewer cravings. This is when real weight loss happens. Rethink your Snack Attack!

VEGGIES

Broccoli 130, carrot 195, celery 65

Fruit

Cantaloupe 140, apple 270, banana 420

NUTS

Call me to learn more about:

- Corporate workshop
- Private sessions
- Friends don't let friends eat junk!

Peanuts 2640, Almonds 2670

FISH

Tuna 830, Salmon 810

GRAINS

Brown Rice 500, Whole wheat pasta 560

DAIRY

cheddar cheese 1820, butter 3250

MEAT

chicken breast 750, sirloin -870, veal- 980

AFTIFICIAL JUNK FOOD

White bread 1210, pretzels 1770, granola bar 2140, oreo cookies 2200, potato chips 2400, margarine, oil 3250



Summertime Honeydew Salsa

My husband made this recently, and it is a fantastic, cool and refreshing summer side dish, and did you know that avocado is a fruit? It is a real treat served on the side of grilled shrimp, scallops, chicken, or by itself.

Prep time: 15mins

Cooking time: 0

Yield: 4 servings

Ingredients:

- ½ honeydew melon chopped into small pieces
- 2 ripe avocados chopped small
- 4tsp fresh lime juice
- ½ tsp lime zest
- 1tsp fresh chopped chives
- Salt and pepper to taste

Directions:

1. Combine all ingredients and gently toss together
2. Serve, or chill and serve.

Love Yourself to Health
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