

WildOverWellness



May 2011

8th Edition

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Protein Power

If you are doing a weight training routine getting enough protein is essential. Working out primes your muscles to absorb protein and there is a small window of opportunity in which to consume protein to increase muscles growth. Research suggests eating 5 – 10 grams of protein before working out and the other 5 – 10 grams after your work out. This is because like a gas tank your body can only hold so much fuel before it spills over – there is a limit to how much protein can be absorbed at a time. When you exercise you break down muscle, protein contains the amino acids essential for muscle building. Protein will also help your body produce the enzymes necessary to allow you to adapt to endurance exercise such as running. Some protein packed snacks include tuna (22g of protein per ½ a can), eggs (3 whole eggs will give you the protein you need), 16 oz 2% chocolate milk, and Greek yogurt! These foods will keep you going through your workout and help rebuild muscle after!!

People with a wide girth (belly fat) are more likely to have deep hidden fat surrounding their organs (called visceral fat). This is the most dangerous kind of fat and can increase your risk of stroke, type 2 diabetes, heart disease, and certain types of cancer.

Belly Fat Busting Foods

- 1.) **Oatmeal** – Rich in fiber to help keep you full for hours. Go for plain oats and sweeten with berries.
- 2.) **Nuts – especially Almonds** – Slims your tummy by keeping you full. Stick to about 24 nuts a day to fight hunger pangs.
- 3.) **Protein powder** – Amino acids in protein powder burn fat and build muscle.
- 4.) **Olive oil** – Fat helps control hunger but it is important to stick to monounsaturated fats like olive, canola, and flax seed oil.
- 5.) **Berries** – Berries pack a lot of fiber in a little amount. One cup of berries contains about 6 grams of fiber.
- 6.) **Eggs** – Contain vitamin B12 which is essential for the body to break down fat.
- 7.) **Beans and legumes** – Low in calories and packed with protein and fiber. Try replacing a serving of meat with beans at least one day during the week. It will cut out some saturated fat and keep you full!
- 8.) **Lean meat and fish** – The body burns more calories digesting protein than fats and carbs. Turkey and fish like salmon and tuna are great forms of lean protein.
- 9.) **Whole grains** – No, carbs DO NOT make you fat! Whole grains contain a lot of fiber which keeps you full.
- 10.) **Peanut butter** – It not only contains protein but also niacin which keeps your digestive system working properly and prevents bloating. It is pretty high in fat so keep your portion to no more than 2 tablespoons a day.
- 11.) **Green vegetables** – Extremely low in calories and packed with filling fiber. Have a salad made of spinach before dinner to keep portions under control. Iceberg lettuce does not count as a green vegetable – try romaine instead.
- 12.) **Low fat dairy** – Calcium helps break down fat! Choose low fat dairy such as yogurt (especially greek yogurt), low fat cheese (watch portion), and skim milk.
- 13.) **Avocados** – Packed with monounsaturated fats and 11 to 17 grams of fiber per avocado!
- 14.) **Fresh iced tea** – Especially green tea! It's antioxidants have been shown to speed metabolism. Stay away from the premade stuff, it is packed with sugar, instead make a big pot and chill it.
- 15.) **Parmigiano-Reggiano Cheese** – Higher in protein then other forms of dairy and low in calories!
- 16.) **Cannellini beans** – Body has to work very hard to digest the fiber in these beans which means more calories burned!

Crunches – Not the key to a flat stomach

Crunches are very stressful on one of the weakest areas of your back. They put stress on your spinal discs and can cause the discs to bulge or become herniated. Workouts that use all your abdominal muscle, but don't put stress on your spine are better; these include push-ups, planks, raising your legs to a 90 degree angle and then lowering them to just above the ground. Also note that a good workout that targets your legs, arms and chest is also working your core since those are your stabilizing muscles and most importantly, cardiovascular exercise is essential for a flat belly!

Nutty Belly-Buster Breakfast Cookies

Makes 12 servings

Ingredients:

Canola Nonstick Cooking Spray
1 Tablespoon of flax seed oil
1 Banana
½ cup of unsweetened peanut butter
½ cup honey
1 Tablespoon vanilla extract
1/3 cup sliced almonds
1 cup regular rolled oats
½ cup soy milk powder (or protein powder)
2 Tablespoons ground cinnamon
¼ Tablespoon baking soda
1 cup (combined) dried cranberries, raisins, and dark chocolate chips
½ cup whole wheat flour

Directions:

Pre-heat oven to 350 F. Coat baking sheet with canola cooking spray and set aside. In one bowl mix banana, flax seed oil, peanut butter, honey, and vanilla extract. In another bowl mix baking soda, cinnamon, soy milk powder, oats, and flour. Slowly add flour mixture to peanut butter mixture and mix well. Add in nuts and dry fruit, mix well. Place rounds of dough on the prepared cookie sheet about 3 inches apart. Use a wet spatula to smooth out the top of each cookie. They should be about ½ inch thick and 2 ¾ inches round. Bake for 14 – 17 minutes, or until golden brown. Place on a cooling rack.