

St. John Parish

# WHERE DO I GET IT? NUTRITION

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## Smart Portions – A Healthy Weight Loss Management Program coming soon to River Parishes Community College

River Parishes Community College, in collaboration with the LSU AgCenter, is offering the SMART PORTIONS PROGRAM January 8 through February 26, 2020, Wednesday mornings, from 10:00 – 11:30 a.m.

This 8-week lifestyle weight control program teaches healthy eating using the ChooseMyPlate food groups and proper portion sizes. Regular physical activity and focus on a healthy weight are key to success. The 8-week program includes:

- Weekly 1 – ½ hour classes
- Resource binder
- Personalized meal plan
- Weekly weigh-ins
- Journal of Personal Progress
- Food demonstrations & tasting
- Tools to keep you on track and motivated

For more information call Cynthia Clifton at 985-497-3261.

## Nutrition Blog

### 10 Steps to Changing Your Eating Behavior

Are you having problems losing weight and keeping it off? Are you following a certain meal plan or diet? Well, why not try using the behavior modification plan? The behavior

modification plan is a plan that helps you to change your lifestyle of eating and not follow any diet or strict meal plans.

Let's begin by incorporating these steps into our lifestyle:

1. **Stop Dieting.** So, how do I lose weight if I don't diet? Well, let's say that we incorporate a 1200 calorie a day lifestyle meal plan (checking with your doctor first) to lose 1.5 pounds a week. If you follow this lifestyle change eating portion sizes and exercising, after one week, you should have dropped 1.5 pounds.
2. **Be physical, not external, connecting to food.** Eat enough so that your stomach will not be making rumbling sounds, or you develop a headache, or get fatigue and can't concentrate. When you know your physical signs of hunger, it can help you to regulate your food intake and manage your hunger.
3. **Rating of Perceived Hunger (RPH) Scale.** This scale will help you become more aware of your hunger. If 0 indicates extreme hunger, then 10 indicates extreme fullness. Read your body signals, which should be between 3 and 8. If you reach 0, that means that you ate too much too fast, because it takes your brain at least 15 to 20 minutes to signal that you are full. You should eat slow and feel full before you get to 10, say around 7 or 8 on the RPH scale.
4. **Difference between Emotional and Physical Hunger.** Physical hunger is some what of a physiological process that occurs three to four hours. When we don't listen to the hunger, our bodies slow down to conserve energy. Emotional hunger on the other hand, means that we eat when we are sad, happy, anxious or bored. Try doing something different at this time instead of eating, exercise.
5. **Neutral Foods.** Remember there are no good or bad foods – you just have to eat in moderation. When we cut foods out of our eating habits, it causes us to want that food more and when we eat it, we tend to overeat. Try eating what the nutrition label says that you can have in a serving size. This can be a start to your lifestyle change.
6. **No Meal Skipping.** We should all eat three meals a day and two or three snacks. The most important meal of the day is breakfast – and skipping breakfast can decrease your metabolism.
7. **Do away with Myths: Don't Create.** Remember losing 1 or 2 pounds a week is a safe weight loss. Remember a healthy body comes from healthy eating.
8. **Supportive, Not Critical.** Support yourself in knowing that weight comes off slowly and remains off, but fast weight loss returns quick. Assure yourself that you are working hard on losing the weight and that it will pay off in the long run.
9. **Language.** Watch your thoughts and language. If you think that you are fat and you say that you are fat, guess what, you are fat. Remove the negative thinking and thought from your mind.
10. **Reward System.** Reward yourself for the positive change that you have made in your lifestyle, not for the numbers showing on your scale. Reward yourself by buying yourself a new dress or a new pair of jeans.

**Good Luck!!! I know that you can do it, I have confidence in you.**

## Healthy Recipe

### **Fat-Free Roux**

#### **Instructions:**

Place 2 cups of flour in a black iron skillet over high heat. Stir constantly with a wire whisk. Lower temperature setting if flour begins to brown too quickly. Cook for about 15 minutes or until the flour is light brown (about the color of brown sugar). Once the flour is browned, remove from the burner and continue to stir until the flour is cooled. Store in a tightly covered container.

If you would like to participate in any of the nutrition workshops, please call Cynthia Clifton at 985-497-3261.

The LSU AgCenter is a statewide campus of the LSU System and provides equal opportunities in programs and employment.