



The

moon gardens' Messenger

Cultivating creative ways to care for others, ourselves, and the environment.

Handling Night Snacking

Keeping our eating in balance is beneficial for the prevention and management of diabetes and heart disease. Yet, snacking has become quite accessible... Here are some tips to help us get our night snacking a bit more controlled:

- ◆ Have an after dinner plan. If possible take advantage of being outside. Go for a walk, write a letter on the porch, play bocce, etc.
- ◆ Have an after dinner mint... Shortly after dinner, have a piece of mint flavored (or other flavor) dark chocolate.
- ◆ On certain days, have a special after dinner treat planned: Make popcorn to enjoy with a movie, plan an ice cream outing. Knowing that you are going to have this after dinner treat will help you balance out the amount you consume at dinner.
- ◆ Make the effort to observe your triggers, and figure out ways to combat them. When you watch TV do you typically have a snack? Television commercials are big triggers for eating. To minimize the ability to snack, try doing something to occupy your hands while you are watching a TV show. You might want to pick up something like knitting, coloring, or sip on a cup of caffeine-free tea. Consider turning the commercial breaks into a time that you do some physical activity, or commit to stretching during the show.
- ◆ Out of site out of mind. If the food is visible, it can create a feeling of wanting to eat it. Put the food away!
- ◆ Do not bring problem foods into the home. If ice cream is a food you tend to snack on in the evening, do not bring it into the home. Instead, plan an evening where you'll visit a local ice cream shop and enjoy the special treat there. Then you're not depriving yourself, you're just having ice cream in its proper context.
- ◆ Practice some self-talk. If you find yourself wandering into the kitchen, ask yourself out loud... "What I am doing in here? Am I really hungry? Am I eating out of habit?" Asking yourself these questions, helps to shed some insight on why and what your intentions are when it comes to eating.

Fat is our Friend

Consider choosing the full-fat food product, which is its most natural state. This may also help with weight management.

A little bit of fat can help keep us satiated for a longer period of time. This is due to the way fat is processed in the body. It's a slow breakdown which leaves us feeling satisfied, receiving a sustained amount of energy, for a longer period of time. For example, if a person incorporates 30 calories in the form of a fat to their breakfast—let's say cream or nuts on their oatmeal—those 30 calories could help prevent a 200 calorie mid-morning snack.

Because fat is such a satisfying food, people are satisfied with less. Many times when people choose low-fat and fat-free products that do not taste the best, they end up eating more to compensate for the lack of psychological and physical satisfaction.

The Simple Message: Choose the real deal, and have less. Then you'll start to notice how you start to feel naturally satisfied with less.

Wellness Tip

Have snacks crept into your workstation? Clear them out, and make your work area a snack-free zone. Designating areas as "No-Food Zones" helps us to decrease mindless snacking.

Seven days without laughter makes one weak.

~Mort Walker



Smiles are Not Superfluous!

You had to fight with the photocopier 12 times which made you rush to your afternoon meeting. After the meeting you're gaining a bit of relief only to discover you have a flat tire, and you'll be late to pick up the kids. Ugh!!

You've been wearing a frown all day. AAA is on the way (aren't you glad you have it now) and the mechanic assisting you shares a gentle smile. You cannot help but to smile back, and you actually continue to wear it as you drive away to pick up your kids.

What is this powerful force that took hold? The SMILE! Research indicates that not only does it elevate our moods, but it can affect others in the same way too.

Research also demonstrates that smiling can fight stress that negatively attacks our bodies. When we smile the "feel good" neurotransmitters (natural substances released in our body) dopamine, serotonin and endorphins are released. And when this happens, not only do we feel better, it can lower our blood pressure as well!

Share the gift of smiling! Due to its stress-relieving qualities, smiling may help to strengthen our immune system, helping to prevent common colds.

Not only is smiling benefiting you, it's serving those around you too! In this world where we may be experiencing a disconnect and pain is a real emotion, let us cultivate the smile. It's a simple way to connect us with others. Whether old or young, friend or stranger, male or female when you give a smile it's hard for the person not to smile back. Smiling is a simple way to go through your day, adding some good and therapy for all.

Shrimp and the Cholesterol Concern...

Shrimp contains approximately 220 milligrams of cholesterol per 4-ounce serving. Even though it's a seafood that is a bit higher in cholesterol, we need to examine shrimp from a broader perspective. Recent research shows some great qualities of the fat profile of shrimp. The same 4-ounce serving contains at least 325 milligrams of omega-3 fats.

An overall healthy diet rich in omega-3 fatty acids, is associated with decreased risk of chronic diseases such as heart disease, and type 2 diabetes—this aspect of shrimp's fat profile is a big plus.

In addition, recent studies demonstrate that shrimp also contains the fats Clionasterol and Campesterol. These fats function as anti-inflammatory molecules, and are associated with decreased levels of LDL-cholesterol (the bad cholesterol).

So it seems having portion-controlled amounts of shrimp as a component of an over-all healthy diet, can indeed be a beneficial thing for our health.

Roasted Broccoli with Garlic Panko

Earthy Ingredients

- Two heads fresh broccoli
- 4 ½ tablespoons olive oil
- 2 garlic cloves, minced
- ½ cup panko (Japanese style bread crumbs)
- 1 tablespoon lemon juice
- Salt and pepper

Delectable Directions

- Preheat oven to 400
- Remove the large broccoli stalk.
- Cut the broccoli pieces in half lengthwise up to the florets, pulling the stems apart but leaving florets in-tact.
- Place parchment paper on a baking sheet. Lay out florets and drizzle with 3 tablespoons of olive oil, approximately ½ teaspoon salt and ¼ teaspoon pepper. Toss well, spread into one layer. Roast for 15 minutes until crisp but still tender and the edges start to brown.
- While broccoli is roasting, in a small pan over medium-low heat, heat 1 ½ tablespoons olive oil, add the garlic, and cook for 1 minute, until fragrant but not browned. Add the panko, tossing to coat. Cook over medium-low heat for 3 to 4 minutes, until the panko is golden brown, stirring occasionally.
- Place the broccoli in a serving bowl and add the lemon juice, and panko mixture. Then toss well. Adjust salt and pepper. Serve hot, warm, or at room temperature.