

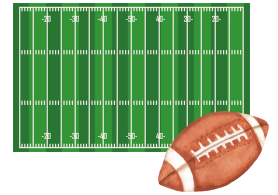


HEALTH TOPIC OF THE WEEK

10/2 - Snacking During the Football Season

Introduction

It's that time of the year again. Your favorite team takes the field once per week, and you wouldn't miss it for the world. You sit back, relax, and grab your favorite snacks and drinks while you cheer for your team. The problem is that typical football snacks are terrible for you. Chips, Wings, Pizza, Dips, Cookies, Brownies, Soda, Beer... You get it. The good news is that EPT is here to help you make better snacking decisions.



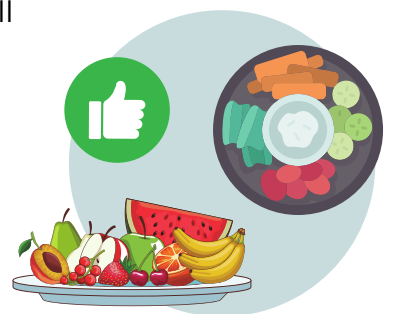
The following info will benefit football fans and non-football fans alike.

Psychology

What goes into your decision to eat terrible snacks during football games? Much of it is psychological. It's important to understand the difference between hunger and appetite. Hunger is the physiological need to eat based on low blood sugar levels. Appetite is the desire to eat based on psychological reasons. Many of us have a social relationship with food and football. It's a pattern. The game comes on and your brain says you must have a snack to fully enjoy the game.



It is especially difficult to avoid unhealthy snacks if you go to a football party on game day. Our suggestion is to bring a healthy snack along (like a vegetable or fruit tray) for everyone to enjoy. If you are cooking, avoid processed store-bought junk. Use a recipe with healthy whole foods instead.



Elite Personal Training and Fitness Solutions does not provide medical treatment or intervention. We acknowledge scientific evidence that appropriately intensive exercise and sustainable nutritional intervention can have significant impact on chronic health disorders and obesity, dramatically improving symptoms when recommendations are followed. Please visit us at Eliteptf.com for more information and to schedule your evaluation.

Chemistry

Chips and other processed foods are highly addictive partly due to a chemical reaction called the Maillard Reaction – which causes foods to char and brown, creating a delicious scent and taste. Think of potato chips, cookies, pretzels, and charred meats.

The Maillard Reaction results in the formation of Advanced Glycation End Products (AGE's) which cause genes to create inflammatory cells in the body. Consuming an excess of AGE's can lead to insulin resistance and cardiovascular disease.



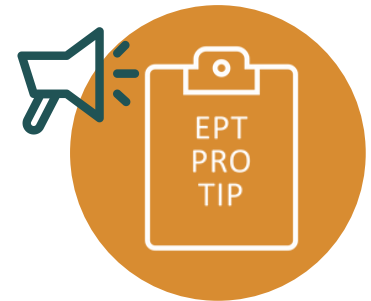
Cheating

There is such a thing as eating in moderation. Our belief at EPT is that we don't need to eliminate foods that we enjoy. A slice of pizza and a bowl of chips once a week is not going to have a serious impact on your health. Having a cheat meal occasionally is perfectly fine.

It's important to look forward to your cheat meals and not beat yourself up over them. This is crucial to having a healthy relationship with food and maintaining healthy eating patterns. Just don't make it an everyday habit. We recommend having a cheat meal every 3-4 days.

EPT Pro Tips

- Try eating a healthy meal before picking up those snacks.
- Instead of chips, try a bowl of fruit or nuts.
- Supply a healthy snack alternative for everyone!
- Limit, Don't Eliminate.
- Awareness is the first step to making good decisions. Understand the difference between hunger and appetite.
- Stay away from processed foods and stick with whole foods.



Buffalo Chicken Dip - 10 servings

- 8 oz reduced fat cream cheese
- ¼ cup nonfat Greek yogurt
- 2 chicken breasts, cooked and shredded
- ½ cup low-fat cheddar cheese
- ½ cup light crumbled blue cheese
- ⅓ cup buffalo sauce

Score big with these healthy recipes!



Add ingredients to a slow cooker and cook on high for 4 hours, stirring occasionally.

SCAN ME



Tip of the week (10/2), page 2



Guacamole - 4 servings

- 1 large zucchini, cut into 1/2-inch cubes
- 1 large ripe avocado, cubed
- ¼ cup coarsely chopped fresh cilantro
- ¼ cup finely chopped onion
- 2 cloves garlic, minced
- 2 tablespoons lime juice
- ½ teaspoon hot sauce, such as Tabasco, or more to taste
- ¼ teaspoon salt



Place zucchini in a microwave-safe dish, cover with a damp paper towel and microwave on High until tender, 4 to 5 minutes. Drain in a sieve, pressing lightly on the zucchini to extract any liquid.

Transfer the zucchini to a large bowl; add avocado, cilantro, onion, garlic, lime juice, hot sauce and salt and coarsely mash until combined.



This article was contributed by Jon Kernaghan, BS, CE-CPT, CFNP. For his bio, please click <https://www.elitepersonaltrainingandfitnessolutions.com/jon-kernaghan>

References

Belitz, HD., Grosch, W., Schieberle, P. (2004). Meat. In: Food Chemistry. Springer, Berlin, Heidelberg. https://doi.org/10.1007/978-3-662-07279-0_13

Recipes

Skinny Guacamole (eatingwell.com)

<https://tasty.co/search?q=dip&sort=popular>



Tip of the week (10/2), page 3

