



Choose the freshest produce for healthful eating

photo by Chris Fritchie

Eating Clean, Living Lean

By Mariza Prince

ARE YOU TIRED of beating yourself up after the holidays? How many times did you veer off track last year? How many times did you actually get back on track? It is a New Year, so why not get started on a new you? Throw out the left over holiday food and face the New Year with a clean slate and some clean eating.

You know that old saying, "You are what you eat?" Well, it's true. If you're eating clean, you are going to look lean, feel great, have more energy and possibly avoid countless diseases. Want to know what foods will make you lose the fat, build an awesome physique and feel energized? Then keep reading.

First things first, before you go to the grocery store and start randomly putting things in your cart, have a plan that includes high quality foods. Preparation is key when it comes to staying on track with good nutrition. Once you start this healthy habit you will begin to feel like a new person. This is just what you need

to take control of your life again. Are you ready to build your best body ever and keep it that way with good nutrition? Here are the basic principles of eating clean.

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NATURE'S WAY

A simple rule of thumb for eating clean is if it was made by nature, it is most likely a great choice for your body. The more natural the food, the better it is for

you. Natural foods have more vitamins, minerals and nutrients to promote good health.

Also, pick foods that are organic. Organic means the food was made without hormones, antibiotics, pesticides and other dangerous chemicals. But be careful, all organics are not created equal. The definition of organic according to the USDA is:

100% organic ingredients; must have an accredited certifier and can use an organic seal. It will say "100% organic" on the label.

Organic items may have up to 5% of ingredients that are approved non-synthetic, synthetic, or commercially unavailable as organic agricultural products listed on the national list; must have an accredited certifier. It will say "organic" on the label.

FRUITS AND VEGETABLES

Fruits and vegetables are wonderful



Bulk beans at Sprouts Farmers Market

photo by Chris Fritchie

healing foods for your body. They should make up the bulk of your diet. Fruits and vegetables will supply your body with vitamins A and C as well as calcium, fiber, and other important minerals. Their photochemical traits and fiber help to maintain good health and protect against heart disease and many forms of cancer. It is important to eat a variety of produce every day to ensure proper health. Also, eat more vegetables than fruit. See the list of high quality nutrient-dense foods on this page.

WHOLE GRAINS

Choosing grain products can be a little tricky. They are described as refined, enriched, and whole grain. What these terms refer to is the milling process. Stay away from refined foods; they have lost many important nutrients during the milling process. "Enriched" means some nutrients have been added back during the milling process, but it is still missing some that it started out with.

The best choice is whole grains that are 100%. Whole grains provide lots of fiber, vitamins, minerals and protein. The fiber will keep you satisfied for a longer period of time than refined grain, thus providing the energy needed to get through a busy day. The brain needs 130 grams of carbohydrates a day just to function.

LEAN PROTEINS

Lean meats, poultry, fish, beans, egg, dairy, nuts and seeds all fall into this category. Protein is responsible for the growth and repair of tissues and cells. One important fact about protein is that it cannot be stored in our bodies; therefore, we need to eat protein consistently throughout the day. You should have some high quality protein at every meal.

FATS

When you hear the word "fat" you probably think "bad," but all fats are not created equal. Unfortunately, many individuals consume a diet rich in saturated and hydrogenated, or "trans fats." These types of fat contribute to cancer, type 2 diabetes and cardiovascular disease and should be consumed in small amounts. There are a few types of fat that are "heart healthy" when used in moderation and can be eaten everyday. The first one is monounsaturated fat; it helps lower bad cholesterol and raise good cholesterol. The second one is polyunsaturated; there is strong evidence that this fat protects the heart by promoting the dilation of blood vessels and prohibiting blood clots. Overall, good fat maintains healthy hair and skin, protects vital organs and insulates the body.

Optimal Food Choices by Food Group

FRUITS:

Apples	Pears
Plums	Pineapple
Pomegranate	Oranges
Berries (<i>strawberries, blackberries, raspberries, cranberries, blueberries</i>)	
Citrus (<i>oranges, grapefruit, tangerines</i>)	
Melons (<i>cantaloupe, honeydew, watermelon</i>)	

VEGETABLES:

Cauliflower	Tomatoes
Sprouts	Squash
Leafy Greens (<i>spinach, kale, broccoli, Swiss chard, mustard greens</i>)	
Fresh herbs and spices (<i>cilantro, basil, ginger, oregano, parsley, turmeric, thyme</i>)	

WHOLE GRAIN:

Barley	Brown Rice
Buckwheat	Corn
Millet	Oats
Wheat	Quinoa

PROTEIN:

Nuts & seeds	Beans
Beef (<i>look for grass-fed animals</i>)	
Chicken and Turkey (<i>100% free range, certified organic white meat</i>)	
Fish (<i>wild caught, not farmed</i>)	
Dairy (<i>organic non-fat or low-fat</i>)	

MONOUNSATURATED FAT

Olive oil	Avocado
Unrefined canola oil	Almonds

POLYUNSATURATED FATS:

Corn oil	Soy
Safflower oil	Sunflower oil
Flaxseed	Flax oil
Walnuts	
Fish (<i>especially wild Salmon</i>)	

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Jalapeño Chicken Salad

2/3 cups of ripe avocado, mashed
2 tablespoon lime juice
3 cups cooked chicken, shredded
1/2 stalk of celery, finely chopped
1/2 small red onion, finely chopped
1/2 red bell pepper, finely chopped
4 tablespoon fresh cilantro
1/4 cup sliced jalapenos,
pickled or fresh
Sea salt and pepper

Mix together till thoroughly blended. Serve on whole grain bread, a mixed green salad or even alone. You can store in the fridge for up to two days.

White Chicken Chili

Bake 6 chicken breasts or rotisserie chicken breast chopped up. After its done baking, let cool, dice into squares. Mix in pan:

Chicken
Chopped 1/2 jar of sliced jalapenos
Chopped medium onion
5 cans of Great Northern Beans
1 can of water
1 package of McCormick's chili seasoning (sometimes there is low-sodium)
2 tsp of cumin
Sea salt to taste

Simmer on medium until it comes to a boil and then on low...total cook time in pan 1 hour.

provided by Marzia Prince



Salmon is a the good source for protein and healthy fats

photo by Chris Fritchie

WATER

Water is the miracle worker. This is Mother Nature's healthy cocktail vital for human survival. Our bodies are 55 to 75 percent water. The leaner you are, the more water your muscles hold. Every system in your body depends on water to function. Take your lungs for example, you expel between two to four cups of water each day through normal breathing. So drink up!

BENEFITS OF WATER:

- Improves energy
- Increases mental and physical performance
- Promotes healthy skin
- Promotes weight loss
- Reduces headaches and dizziness
- Removes toxins and waste
- Improves circulation
- Reduces infection
- Reduces fluid retention

MEAL PREPARATION

Now that you know which high quality

foods build a better body, it is time to make a list and hit the grocery store. Buy in bulk for the week ahead. Again, the secret to staying on track is preparation. Find a day to prepare all of your meals for the week ahead. Although it takes a few hours, it is worth it in the long run. What I like to do is grill my entire package of chicken breast, steam a variety of veggies, and bake a few sweet potatoes.

While my meals are cooking, I wash and pare several apples and put them in a baggie with almonds. It makes a fast and healthy snack when you're on the go.

After it is all cooked, I put the chicken breast together with a cup of veggies and half a sweet potato in plastic containers and I've got meals for the week. Having healthy choices on hand will save you time and help revitalize you, leaving you looking your best. Remember...“If you fail to plan, you plan to fail!” Reclaim your life. Be healthier today than you were yesterday.

Marzia Prince is a physical fitness specialist who lives in Frisco.