

# Lifestyle

## PRODUCT FOCUS

### Curb the Hunger

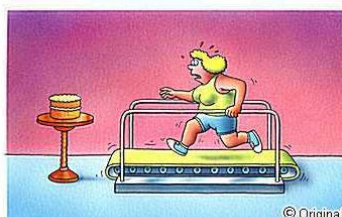


### Can YOU Benefit from BevControl?

#### YES, if you have...

- Cravings for carbs and/or sweets
- Difficult weight loss
- Slow metabolism
- Elevated blood sugar levels or pre-diabetes
- Hypothyroidism (low thyroid)
- Weight loss plateau

Ask your BH counselor about BevControl today.



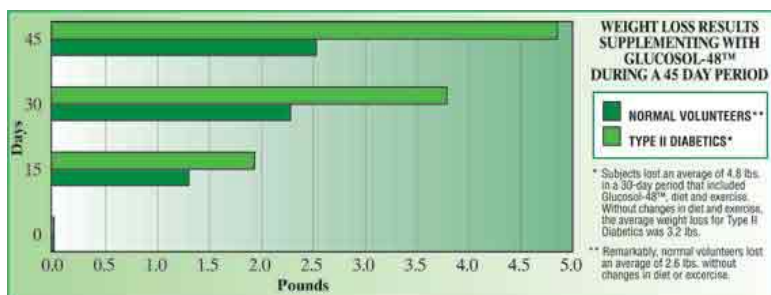
© Original  
Reproduction rights obtainable  
[www.CartoonStock.com](http://www.CartoonStock.com)

## YOUR Weapon in Weight Loss - A Little Known Ingredient in BevControl Packs a *Powerful/Punch* against Body Fat

by Dr. Peter Holyk, M.D.,  
Corporate Medical Director



**Glucosol™** (*banaba leaf extract*) is an herbal formulation containing compounds that have been shown to blood sugar levels by up to 30% without any side effects. Fluctuations in blood sugar are related to appetite, hunger and food cravings - particularly craving for carbohydrates such as bread and sweets. When blood sugar levels are too high, an excess of insulin is triggered causing incoming calories to be stored as fat. By keeping blood sugar and insulin levels in check, glucosol helps people lose weight safely and quickly.



#### With Glucosol™ and changes in diet and exercise:

- Normal subjects lost average of 2.6 pounds in 45 days
- Type II Diabetics lost an average of 4.8 pounds in 45 days

#### With Glucosol™ but without changes in diet and exercise:

- Type II Diabetics lost average of 3.2 pounds

## Late Night Snacking

By Donna Dodge, RD  
Corporate Registered Dietitian

Many people think eating late at night causes weight gain. Actually, it's not *when* you eat that matters, it's *what* and *how much* you eat.

The longer you wait between

meals the more you tend to eat at the next meal. Three to four hours between eating is about the right amount of time to keep blood sugar levels and cravings in control.

Plan meal and snacks with

small portions in mind. Eating snacks containing protein will help keep you're cravings at bay.

For maximum weight loss, space meals and snacks three to four hours apart, no matter what time of day, and watch portions sizes.

## RECIPE

### Spring Vegetable Paella - Experience authentic-tasting paella with fresh vegetables and saffron seasonings. It's quick and easy!



#### INGREDIENTS

- 1 pound asparagus, cut into 2-inch pieces
- 3 cups broccoli flowerets
- 2 teaspoons olive oil
- 1 med. red bell pepper, chopped (1 cup)
- 1 zucchini, chopped (1 cup)
- 1 med. onion, chopped
- 1½ cups cooked brown rice
- ¾ teaspoon salt substitute
- ½ teaspoon saffron threads (or ¼ teaspoon turmeric)
- 2 large tomatoes, seeded and chopped (2 cups)
- ½ cup frozen baby peas, thawed

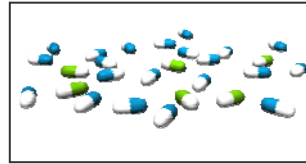
#### DIRECTIONS

1. Cook asparagus and broccoli in enough boiling water to cover in 2-quart saucepan about 4 minutes or until crisp-tender; drain.
2. Heat oil in 10-inch skillet over medium-high heat. Cook asparagus, broccoli, bell pepper, zucchini and onion in oil about 5 minutes, stirring occasionally, until onion is crisp-tender.
3. Stir in remaining ingredients. Cook about 5 minutes, stirring frequently, until hot.

Serves 4.  
Each serving = 1 Starch,  
2 Vegetable, ½ Fat

## Ask the Dietitian: DIET PILLS

*Q: I've been thinking about taking diet pills to help me lose faster. What can you tell me about them?*



**A:** Diet pills available over the counter contain a combination of compounds, usually phenyl-propranolamine (PPA) and caffeine, which act to control appetite.

PPA is the primary active agent in these products. PPA is a central nervous system stimulant and has many effects on the body, one of which is to depress the desire to eat.

Caffeine, also a stimulant,

results in increased alertness and decreased fatigue. It also has some weak appetite-suppressant properties.

Recently, the effectiveness of PPA-based diet pills as weight control agents has been questioned. Studies show that although PPA may act on the brain to depress appetite, this effect is minimal, and PPA can produce some serious side

Donna Dodge, RD, Corporate Registered Dietitian

effects, such as high blood pressure, nausea, restlessness, anxiety, insomnia, irritability, and hallucinations.

Because overweight people run a higher risk of hypertension, using PPA-based diet pills may seriously damage health, especially in those people who are unaware of the risks.

## Smart Strategies to Eat Well and Spend Less

Prices for most everything have soared in the past year. High costs for basic items make eating well on today's stretched incomes a challenge.

But with attention to how you shop, it's still possible to enjoy a healthy diet without breaking your bank account.



Try some of these tips to develop a smart shopping strategy:

- Select generic products for price savings, and check higher and lower shelves for lower-priced items; the most expensive products are usually stocked at eye level.

- Buy fresh fruits by the bag, not by the piece, to get the cheapest prices.

- Choose 90% lean ground beef instead of 95% lean, and simply drain the fat well after cooking.

- Buy bone-in chicken pieces which can sometimes save a dollar or more per pound.

- Roast half a turkey breast to use atop salads or to make sandwiches instead of buying sliced deli meat.

- Buy lettuce, cabbage, and carrots loose; the bagged, pre-washed versions cost more.

- Look for day-old breads, which are still fresh and just as nutritious as just-delivered items, and check the store's reduced rack for other specials.

- Shred or grate your own block cheese to save money.

## NEW UNFried Taste of KFC



It's easier to keep on track and on the run with KFC's new Kentucky Grilled Chicken. It has fewer calories, fewer fat grams and less sodium than the Original Recipe chicken.  
**One breast = 1½ Proteins**  
**One Thigh, Drumstick or Wing = ½ Protein**

### Lean Space?

A study of nearly four thousand inner-city children showed that greenspace- **parks, grass, flowers, and trees**- helps children avoid overweight.

These statements have not been evaluated by the FDA. These products are not intended to diagnose, treat, cure or prevent any disease.