

BobbieTOPS Programs

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Fad Diets

I purchased a bowl of good looking bananas, one for each of the following remedies. I decorated each banana with a bow, eyes.. just made them CUTE. and put them in a basket on the table. I put the following remedy attached to each banana (one remedy per banana). Each member chose a banana from the basket, read the remedy, discussion followed, and member got to keep their banana.. We kept going till all bananas had new owners.

Bananas.

Containing three natural sugars - sucrose, fructose and glucose combined with fiber, a banana gives an instant, sustained and substantial boost of energy.

Research has proven that just two bananas provide enough energy for a strenuous 90-minute workout. No wonder the banana is the number one fruit with the world's leading athletes. It can also help overcome or prevent a substantial number of illnesses and conditions, making it a must to add to our daily diet.

Depression:

According to a recent survey undertaken by MIND amongst people suffering from depression, many felt much better after eating a banana. This is because bananas contain tryptophan, a type of protein that the body converts into serotonin, known to make you relax, improve your mood and generally make you feel happier.

PMS:

Forget the pills - eat a banana. The vitamin B6 it contains regulates blood glucose levels, which can affect your mood.

Anemia:

High in iron, bananas can stimulate the production of hemoglobin in the blood and so helps in cases of anemia.

Blood Pressure:

This unique tropical fruit is extremely high in potassium yet low in salt, making it the perfect to beat blood pressure. So much so, the US Food and Drug Administration has just allowed the banana industry to make official claims for the fruit's ability to reduce the risk of blood pressure and stroke.

Brain Power:

200 students at a Twickenham (Middlesex) school were helped through their exams this year by eating bananas at breakfast, break, and lunch in a bid to boost their brain power. Research has shown that the potassium-packed fruit can assist learning by making pupils more alert.

Constipation:

High in fiber, including bananas in the diet can help restore normal bowel action, helping to overcome the problem without resorting to laxatives.

Hangovers:

One of the quickest ways of curing a hangover is to make a banana milkshake, sweetened with honey. The banana calms the stomach and, with the help of the honey, builds up depleted blood sugar levels, while the milk soothes and re-hydrates your system.

Heartburn:

Bananas have a natural antacid effect in the body, so if you suffer from heartburn, try eating a banana for soothing relief.

Morning Sickness:

Snacking on bananas between meals helps to keep blood sugar levels up and avoid morning sickness.

Mosquito bites:

Before reaching for the insect bite cream, try rubbing the affected area with the inside of a banana skin. Many people find it amazingly successful at reducing swelling and irritation.

Nerves:

Bananas are high in B vitamins that help calm the nervous system. Overweight and at work? Studies at the Institute of Psychology in Austria found pressure at work leads to gorging on comfort food like chocolate and crisps. Looking at 5,000 hospital patients, researchers found the most obese were more likely to be in high-pressure jobs. The report concluded that, to avoid panic-induced food cravings, we need to control our blood sugar levels by snacking on high carbohydrate foods every two hours to keep levels steady.

Ulcers:

The banana is used as the dietary food against intestinal disorders because of its soft texture and smoothness. It is the only raw fruit that can be eaten without distress in over-chronicler cases. It also neutralizes over-acidity and reduces irritation by coating the lining of the stomach.

Temperature control:

Many other cultures see bananas as a "cooling" fruit that can lower both the physical and emotional temperature of expectant mothers. In Thailand, for example, pregnant women eat bananas to ensure their baby is born with a cool temperature. Seasonal Affective Disorder (SAD): Bananas can help SAD sufferers because they contain the natural mood enhancer, tryptophan.

Smoking:

Bananas can also help people trying to give up smoking. The B6, B12 they contain, as well as the potassium and magnesium found in them, help the body recover from the effects of nicotine withdrawal.

Stress:

Potassium is a vital mineral, which helps normalize the heartbeat, sends oxygen to the brain and regulates your body's water balance. When we are stressed, our metabolic rate rises, thereby reducing our potassium levels. These can be rebalanced with the help of a high-potassium banana snack.

Strokes:

According to research in "The New England Journal of Medicine," eating bananas as part of a regular diet can cut the risk of death by strokes by as much as 40%!

Warts:

Those keen on natural alternatives swear that if you want to kill off a wart, take a piece of banana skin and place it on the wart, with the yellow side out. Carefully hold the skin in place with a plaster or surgical tape!

Rose Bushes:

Blend one skin (soft Part) with blender full of water and pour on base of Rose Bush. Promotes healthy roots and new growth.

APPLE VERSUS BANANA

A banana really is a natural remedy for many ills. When you compare it to an apple, it has four times the protein, twice the carbohydrate, three times the phosphorus, five times the vitamin A and iron, and twice the other vitamins and minerals. It is also rich in potassium and rather than the apple, should be the fruit that is known to keep the doctor away.

Food products nutrition claims

What nutrition claims on product packaging really mean
Have you ever stood in the grocery store aisle, torn between two products, trying to decide which is the better choice? You read the product labels, and

try to weigh the benefits of all the health claims plastered all over the packages these days. "Low-fat," "Lite," "Heart Healthy" – what exactly do all of these claims mean?

Thanks to the Food and Drug Administration (FDA), there actually is a method to the madness surrounding the nutrition and health claims printed on product packages. Government regulations specifically spell out what terms and phrases may be used in what instances to define nutrient levels in food.

To follow are the FDA's guidelines for various nutritional terms. Now you'll know exactly what it means – and exactly what you're getting – when you see phrases like "low-sodium," "lean," and "extra lean" on the foods you're buying.

Nutrient Content Claims

"FREE"

This means that a product contains no amount of, or only inconsequential amounts of, whatever precedes the term, like fat, saturated fat, sodium, sugars, cholesterol, etc. The product says: The product has: Calorie-free Fewer than 5 calories per serving

Sugar-free Less than 0.5g of sugar per serving

Fat-free Less than 0.5g of fat per serving Sugar-free Less than 0.5g of sugar per serving

Synonyms often used in place of "free" include: "without," "no" and "zero."

"LOW"

This term may be used on foods that can be consumed frequently without exceeding recommended dietary guidelines for things like fat, saturated fat, sodium, cholesterol and calories. The product says: The product has:

Low-fat 3g or less per serving Low in saturated fat 1g or less per serving

Low-sodium 140mg or less per serving Low-cholesterol 20mg or less, AND 2g or less of saturated fat Low-calorie (or low-cal) 40 calories or less per serving

Synonyms often used instead of "low" include: "few," "low source of," "little," and "contains a small amount of."

"LESS"

This term means that a food contains at least 25% less of a nutrient (like fat, sodium, etc.) or 25% less calories than the regular, referenced product. A synonym often used instead of "less" is "fewer."

"REDUCED"

This term means that a product contains at least 25% less of a nutrient (like fat, sodium, etc.) or 25% less calories than the regular, referenced product. However, manufacturers cannot use a "reduced" claim when the product they're referencing (comparing to) already meets the requirement for a "low" claim.

"LIGHT"

This term can be used to mean either of two things:

1. That a nutritionally altered product contains 33% fewer calories, or half the fat of, whatever food they're referencing. (If the food derives half or more of its calories from fat, to claim "light," the fat must be reduced by at least 50%), OR
2. That the sodium content of a low-calorie, low-fat food has been reduced by 50%. "Light in sodium" may be used on non-"low-calorie" or non-"low-fat" foods if the sodium has been reduced by at least 50%.

"LEAN" and "EXTRA LEAN"

These terms describes a low fat content in poultry, meat, and seafood.

The product says: The product has: Lean Less than 10g fat, AND 4.5g or less saturated fat, AND less than 95mg cholesterol per serving and per 100g. Extra lean Less than 5g fat, AND less than 2g saturated fat, AND less than 95mg cholesterol per serving and per 100g

"PERCENT FAT-FREE"

Any product bearing this claim must be a low-fat or a fat-free product, and the percent amount claimed must be based on the amount of fat present in 100g of the food. (For example, if a food contains 5g of fat per 100 grams, then the claim "95% fat-free" would be acceptable.)

"MORE"

This term means that a serving of food contains a nutrient (like calcium, vitamin C, etc.) that is at least 10% of the Daily Value more than the food they're referencing. Specifically for foods that have been nutritionally altered, the same 10% rule applies, and those foods often carry synonyms for "more" such as "fortified," "enriched," and "added." In order for a product package to claim, "Good source of calcium," it must contain at least 100 mg of calcium per serving.

"GOOD SOURCE"

This term means that one serving of the food contains 10-19% of the Daily Value for a particular nutrient (like calcium, vitamin C, etc.).

"HIGH"

This term may be used if the food contains 20% or more of the Daily Value for a particular nutrient (like calcium, vitamin C, etc.) in a serving.

"FRESH"

This term can be used to suggest that a food is raw or unprocessed. "Fresh" can be used only on a food that is raw, has never been frozen or heated, and contains no preservatives. "Fresh frozen," "freshly frozen," and "frozen fresh" may be used for foods that are quickly frozen while still fresh.

"HEALTHY"

This term can be used only on foods that are low in fat and saturated fat, and that contain limited amounts of cholesterol and sodium. Additionally, if it's a single-item food, it must provide at least 10% of one or more of vitamins A or C, iron, calcium, protein, or fiber. (Exemptions to this rule include certain raw, canned and frozen fruits and vegetables and some cereal-grain products which may be labeled "healthy" if they do not contain ingredients that change the nutritional profile.) Also, on individual foods, to be labeled "healthy," the sodium content cannot exceed 360mg per serving.

7 Easy Steps To Weight Loss

It has become ridiculous: every time I crash in front of my TV late at night after a long, hard day's work, I'm bombarded by countless infomercials revealing the newest line of fat-burning, abdominal crunching, body-sculpting, miracle-working machines. Even those Suzanne Somers or Richard Simmons diet plans make me want to shoot myself in the foot for feeling so guilty for snacking on some popcorn. Well, I have news for all of you out there: don't diet, and don't rush off to buy the next gimmick. Here's the real secret to losing weight: eat less! it's all about sensibility That's right, that's the new word of the decade: sensibility. After all, doing everything sensibly in your life is the key to living well. You don't need to feel trapped behind the prison of your own body anymore. All

you need to do is eat less, and eat sensibly. Easier said than done? Well, like all things in life, eating less is a learned experience and takes some practice and patience. Our problem nowadays is that we're too lazy to turn this practice into a perfectly balanced meal plan. It's all in your head. "The problem for most people is that they maintain certain habits that make eating less quite difficult," says Pat Booth, assistant director of the Nutrition Services Department at the University of California San Francisco Medical Center. Old habits are hard to break, however, tomorrow you'll be looking back at the "old" you and feeling good about the "new" you that's yet to come. Get my point? It also has a lot to do with your self-image perceptions. You must first change mentally in order to then change physically. getting started

Anyone who has ever tried dieting knows the immediate feeling of deprivation that accompanies most weight-loss plans. The result for most of us is that we can't stick to it. Instead of drastically cutting your diet, try to gradually accustom yourself to eating less. Take smaller portions. Leave a little on the plate. In time, you'll find you need less food to feel satiated. As you practice putting less on your plate, consider these 7 steps to eating less (the following list is taken from Mr. Paul Wolf, Health Correspondent, and I highly recommend it):

1. Mini-meal is the operative word

Ideally, every time you eat, your plate should have some protein, a little fat and a little fibrous bulk to ensure that you feel full and satisfied. This takes some planning. It ultimately means losing the mindless munching on pretzels habit. "Even if you eat fruit as a snack, healthy as it is, you won't feel completely satisfied because it doesn't have any protein and fat," Booth says. An apple followed by, say, some plain yogurt, will do more for satiety than two apples. A baked potato, which has 100 calories, contributes more to satisfaction than 20 potato chips, which, at 114 calories, adds up quickly. Top that spud with a quarter-cup of low-fat cottage cheese (100 calories), and you have a filling snack for 200 calories.

2. Don't go overboard

You don't want to feel deprived at best, hungry at worst. Drastically cutting calories will only slow down your metabolism by driving your system into famine mode, according to Booth. Don't count calories; just eyeball your portions. Let's say you hope to reduce your daily caloric intake from about 2,500 to 2,000. Focus on reducing your portion sizes by about 20 percent. Within a matter of a couple of weeks, you will be adjusted to the new serving sizes and they will seem normal.

3. Eat delicious and well

Every diet regimen should permit the occasional treat and nice meal out. Eat delicious food, but eat them in smaller portions. Obviously, cream sauces and fudge brownies at every meal will thwart your weight-loss goals. Learn to enjoy ordinary food as well as extraordinary delicacies. 4. Eat your calories, don't drink them A can of Dr. Pepper soda contains 150 calories. Three of these a day is an extra 450 calories. Add juice and sugary lattes to your diet and you practically need a calculator to tally the calories that don't do a thing when it comes to fulfilling your appetite. Stick to water and tea and get your calories from more filling and satisfying food.

5. Exercise is the perfect partner

Your diet will be all the more successful if you combine it with regular exercise. Approach your exercise and diet plan with a focus on how you look and feel, not how much you weigh. In other words, think in inches lost, not pounds. Remember; muscle weighs more than fat.

6. Make meals last

Yes, two Balance bars have only 360 calories, and also contain vitamins, minerals, fiber, protein, fat, and carbohydrates. But you can down these suckers in a matter of seconds. Where's the chewing satisfaction? Are a couple of nutrition bars a meal, or even a mini-meal for that matter? The satiety centers of the brain may not get the message right away that you've had

enough. Eat slowly, chew carefully and don't put more food in your mouth when you haven't dealt completely with the last bite, advises Booth.

7. Discover your food triggers

What makes you succumb to temptation? Do you turn to the pantry the instant you turn on the TV? For some, if it's in the house, that's all the temptation they need. For others, stress is a trigger. The stress hormone cortisol fuels cravings, according to Pamela Peeke, M.D., author of *Fight Fat After Forty*. Everyone knows that bigger portions won't fill the empty spaces of our lives or give us lasting relief from unpleasant moments. Discovering your triggers is a step towards self-control, which is the basis for eating less.

So next time you see one of those annoying infomercials, follow this 3-step exercise: pick up the remote, change the channel, then put the remote back down. You actually burned 2 calories more by doing that than if you were staring aimlessly at Mr. Simmons "strutting his stuff." Good luck.

The New Old Breakfast- by Charles Stuart Platkin

Mornings are a bit crazy in my house, and the thought of eating a "balanced, healthy" breakfast in the middle of pure chaos is daunting. Of course, grabbing a donut, muffin, or a few McDonald's Egg McMuffins is not the healthiest of choices. But luckily there's a quick, low fat, low calorie alternative that's been around long before the advent of the Croissan'wich -- good old-fashioned cereal. Compared to other breakfasts, a large bowl of even the most nutritionally dreadful cereal (about 400 calories) is a bargain. Check out some of these breakfast horrors:

-Cinnabon Pecanbon: 1100 calories, 56g fat

-Denny's French Toast (3 pieces): 1146 calories, 71g fat, 104g carbs

-Dunkin' Donuts plain bagel with cream cheese (4 tablespoons): 562 calories, 23g fat, 70.5g carbs

-McDonald's Bacon, Egg and Cheese Biscuit: 480 calories, 31g fat, 31g carbs

-Burger King Croissan'wich with sausage and cheese: 475 calories, 36g fat, 22g carbs

Research has shown cereal to be an excellent option for breakfast, with benefits that include reducing your risk of cardiovascular disease, promoting weight loss, relieving stress, and enhancing memory. Yet sales have been slipping over the last few years, probably due to the increased popularity of other choices (e.g., bagels, pastries, yogurt, muffins, and energy/breakfast bars), and the anti-carb movement. If you choose your cereal wisely, no other breakfast option can offer as much

fiber, calcium, and other nutrients for so few calories and so little fat.

SUGAR ALERT: Most breakfast cereals have added sugar, so the idea is to choose the ones with the least amount added. The best way to compare is by checking the nutrition label. The following ingredients should be absent, or at least lower than fourth on the ingredient list: sugar, brown sugar, molasses, corn syrup, organic cane juice, evaporated cane juice, high fructose corn syrup, and malt syrup. Even cereals that give the appearance of being "nutritious," like Special K and Product 19, can contain added sugars as key ingredients. Be aware that sometimes cereals are higher in added sugar because of the fruit

(which provides health-promoting fiber). Your best bet is to do what I do: take a bowl of 100% whole wheat cereal with no added sugar, such as Puffed Kashi Natural Cereal, and add some Equal, Splenda, or Stevia with some fresh fruit.

WHOLE GRAINS ONLY: It's important to distinguish whole-grain from refined-grain cereals for their role in preventing chronic diseases. A recent study in the American Journal of Clinical Nutrition reported that both total mortality and cardiovascular disease mortality were inversely associated with whole-grain, but not refined-grain, breakfast cereal intake. Whole grains also have the added advantage of filling you up faster because they're high in fiber. Fiber is the indigestible portion of plant foods that provides bulk, which makes you feel full and slows digestion -- ultimately keeping you more satisfied. Choose a cereal with at least three grams of fiber per serving.

SERVING SIZE MATTERS: Typically, we eat anywhere from one to three cups of cereal at one sitting -- not necessarily the serving size listed on the food label. Because of this, you need to closely monitor how much you're eating so you don't go overboard.

If you want to compare cereals nutritionally, keep in mind that cereals have different densities (e.g., flakes, nuggets, puffed), and as a result, it's more difficult to compare them to each other. Some are quite dense, such as Shredded Wheat or Grape Nuts, so they look like they're much higher in calories from the food label. It's tough to compare their nutritional values to less dense cereals, like Rice Krispies or Cheerios, just going by the cups (volume). In theory, the more dense the cereal (the higher the grams per serving), the less you are likely to eat. So when you're trying to pick the best cereal, check the weights listed next to the serving size (grams) and compare the calories per gram. Divide the calories by the amount of grams per serving, and compare (e.g., Grape Nuts have 3.62 calories per gram versus Cheerios, which have 3.67 calories per gram). However, if you're the type to eat that same two cups of cereal no matter which one you have, you're probably better off with the Cheerios, or you'll end up with plenty of excess calories.

LURKING FAT: Yes, some cereals contain fat. The ingredients to look out for include added nuts, coconut, and granola. Choose low-fat versions if you love granola. Stay away from items that include "partially hydrogenated oil" anywhere on the ingredient list. That's code for trans fat, and it's found in many popular cereals, including: Cinnamon Toast Crunch Cereal, Basic 4 Cereal, Total Cereal, Kellogg's Mueslix Cereal, and Post Oreo O's Cereal.

DON'T BE A HEALTH FOOL: Yes, cereals are nutritionally dense and can be very filling -- especially the ones made from whole grains. However, just because they have extra vitamins and minerals doesn't mean you can eat as much as you want. Even if a cereal boasts "High Fiber," "Excellent Source of Calcium," or "Organic," it may still contain a significant amount of sugar, sodium, calories and even fat.

HOT VERSUS COLD: Just because a cereal is hot doesn't mean it's good for you. If you have plain Quaker Old Fashioned Oats (served hot), well, the ingredient list is pretty clean compared to most of the cold cereals -- it's 100% natural rolled oats. However, the further away you get from that, they become nutritionally similar to the cold cereals, like Quaker Maple & Brown Sugar Instant

Oatmeal.

CEREAL BARS ARE NOT CEREAL: Don't confuse cereal with cereal bars. In my supermarket, these bars are where they should be -- in the candy section -- right next to the Snickers bars. Some bars may be low in fat and fortified with vitamins, but they're not high in whole grains or fiber, so they're really just fortified candy bars. Also, this is just me, but it's certainly more satisfying to polish off a bowl of cereal and milk than to chomp on a small bar.

Snickers Bar (40g): 190 calories, 10g fat, 24g carbs, 1g fiber [Snickers has healthy nuts]

Cocoa Puffs Bars (40g): 160 calories, 4g fat, 26g carbs, 1g fiber

SKIM IT: Choose skim milk to go with your cereal. You get essentially the same nutrients from drinking skim milk as you do from drinking whole milk -- minus the fat, of course -- so stick to the low calorie version and save about 64 calories and eight grams of fat per cup. The carb content is similar; skim is slightly higher, by less than half a gram.

Overall, cereal is an amazing meal, for breakfast, lunch or dinner -- in fact, maybe it could be a diet on its own. If Subway and South Beach have their own diets, why not the Cereal Diet?

Charles Stuart Platkin is a syndicated health, nutrition, and fitness columnist, author of the best-selling book, *Breaking the Pattern* (Red Mill Press, 2002), and founder of Nutricise.com. Copyright 2003 by Charles Stuart Platkin.

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SCIENTIFIC BENEFITS OF CEREAL

REDUCE STRESS AND IMPROVE MOOD: Researchers at Cardiff University in Wales found that breakfast cereal eaters reported being in a better mood after consumption. Additionally, they found that eating breakfast cereal was associated with lower cortisol levels, an indicator of less stress.

LOSE WEIGHT: Does Special K REALLY help you lose weight? Of course not. One of the main reasons that you are likely to lose weight when you eat cereal is because it is lower in calories compared to other breakfasts. Yes, some cereals have significant amounts of added sugar and refined flour, but even those only add up to about 350-400 calories for one and a half to two cups.

The National Weight Control Registry, the largest ongoing database of individuals who have successfully maintained their weight losses, found that more than 59.7% of those champion dieters consumed cereal for breakfast on a regular basis. Just recently, a study completed in the *Journal of the American College of Nutrition* analyzed data from more than 16,000 adults and found that those who ate different types of cereals were lower in weight when compared to those who ate meat and eggs or those who skipped breakfast. (Note: the study was funded by Kellogg's.) Additionally, researchers at Purdue University found that dieters who used cereal as a meal replacement (just like Slimfast) were able to lose more weight than those who didn't use cereal.

LOWERS CHOLESTEROL: Not only is it on every box of Cheerios (as per the Food and Drug Administration), but the *European Journal of Clinical Nutrition* reported that eating cereal for breakfast regularly can lead to reduced intake of total and saturated fat in your daily diet and consequently to a reduction in

your cholesterol level.

COMPARING CEREALS

When comparing cereals, make sure to adjust for serving size and weight.

GREAT CEREALS (No Sugar Added, Whole Grain)

Puffed Kashi Natural Cereal (1 cup, 25g): 70 calories, 0.5g fat (0g saturated), 13g carbohydrate, 2g fiber, 0g sugar

Post Shredded Wheat Spoon Size Cereal (1 1/4 cups, 59g): 200 calories, 1g fat (0g saturated), 47g carbs, 8g fiber, <1g sugar

Quaker Old Fashioned Oats (1/2 cup, 40g): 150 calories, 3g fat (0.5g saturated), 27g carbs, 4g fiber, 1g sugar

VERY GOOD CEREALS (High Fiber, Low Calories, Low Sugar, No Fat, Whole Grain).

Kashi Heart to Heart Cereal (3/4 cup, 33g): 110 calories, 1.5g fat (0g saturated), 25g carbs, 5g fiber, 5g sugar

General Mills Fiber One Bran Cereal (1/2 cup, 30g): 60 calories, 1g fat (0g saturated), 24g carbs, 14g fiber, 0g sugar

Kellogg's All Bran Cereal with Extra Fiber (1/2 cup, 26g): 50 calories, 1g fat (0g saturated), 20g carbs, 13g fiber, 0g sugar

Arrowhead Mills Organic Oat Bran Flakes (1 cup, 34g): 90 calories, 2g fat (0g saturated) 14g carbs, 3g fiber, 3g sugar

GOOD CEREALS (Low Fat, Low Sugar, Low Calories, Moderate Fiber)

General Mills Cheerios Cereal (1 cup, 30g): 110 calories, 2g fat (0g saturated), 22g carbs, 3g fiber, 1g sugar

Kellogg's Corn Flakes (1 cup, 28g): 100 calories, 0g fat (0g saturated), 24g carbs, 1g fiber, 2g sugar

General Mills Kix Cereal (1 1/3 cup, 30g): 120 calories, 0.5g fat (0g saturated), 26g carbs, 1g fiber, 3g sugar

Kellogg's Complete Wheat Bran Flakes Cereal (3/4 cup, 29g): 90 calories, 0.5g fat (0g saturated), 23g carbs, 5g fiber, 5g sugar

Kellogg's Product 19 Cereal (1 cup, 30g): 100 calories, 0g fat (0g saturated), 25g carbs, 1g fiber, 4g sugar

Kellogg's Special K (1 cup, 31g): 110 calories, 0g fat (0g saturated), 22g carbs, <1g fiber, 4g sugar

OKAY CEREALS (Good Fiber, Low Fat, Added Sugar)

Kellogg's Frosted Mini-Wheats Cereal (24 biscuits, 59g): 200 calories, 1g fat (0g saturated), 48g carbs, 6g fiber, 12g sugar

General Mills Multi Grain Cheerios (1 cup, 30g): 110 calories, 1g fat (0g saturated), 24g carbs, 3g fiber, 6g sugar (This has more sugar than regular Cheerios)

Quaker Life Cereal (3/4 cup, 32g): 120 calories, 1.5g fat (0g saturated), 25g carbs, 2g fiber, 6g sugar

Kellogg's Raisin Bran Cereal (1 cup, 59g): 190 calories, 1.5g fat (0g saturated), 45g carbs, 7g fiber, 19g sugar

Health Valley Soy Flakes -- Raisin Cereal (1 cup, 56g): 190 calories, 1g fat (0g saturated), 39g carbs, 4g fiber, 15g sugar

Quaker Apple Cinnamon Instant Oatmeal (1 packet, 35g): 130 calories, 1.5g fat (0.5g saturated), 27g carbs, 3g fiber, 12g sugar

Quaker Oatmeal Squares Cereal (1 cup, 56g): 210 calories, 2.5g fat (0.5g

saturated), 44g carbs, 4g fiber, 9g sugar

"NOT SO GREAT" CEREALS (Either High Sugar, High Calories, High fat, and/or Little Fiber, or a combination of any of the above)

Health Valley Banana Gone Nuts Cereal (3/4 cup, 53g): 200 calories, 3g fat (0g saturated), 41g carbs, 4g fiber, 11g sugar

General Mills Lucky Charms Cereal (1 cup): 120 calories, 1g fat (0g saturated), 25g carbs, 1g fiber, 13g sugar

Post Oreo O's cereal (3/4 cup, 27g): 110 calories, 2g fat (0.5g saturated), 22g carbs,

PASS THE BOWL

From: bud@in-tch.com

It's like hot potato, only we use a bowl and in it are slips of paper with questions. We sit in a circle and pass the bowl, until the music stops. (I use a radio). The person that has the bowl has to open it and read the question and then answer it. Then anyone who wants to add a comment can. When the music starts again, off goes the bowl. If it stops at a person who already has it, she can pass it on.

Here's some sample questions for the pass the bowl program. There are some strickly for KOPS if you want them. Enjoy, and do this for a program, as it goes over real good.

1. Name three things you could enjoy more if you were a KOPS.
2. Can you name some foods you can't seem to stop eating once you start?
3. What do you do when you feel depressed or lonely? If it is eating, can you think of a substitute?
4. Do you feel selfish when you spend money just for your eating plan? Are you worth it?
5. Have you had such an urge for a certain food that you would go out in a blizzard to get it?
6. Do you make excuses to others for your weight? Why?
7. Is it hard to say no to foods you really don't want when someone is insisting just one bite won't hurt you?
8. Do you eat between meals?
9. Describe a TOPS friend and what it means to you to have one.
10. Do you experiment with new flavors and tastes when you cook for yourself?
11. Is your life a rat race? How can you change it?
12. Do you feel you have control over most of your life right now?
13. Do you set aside some time every day just for yourself? WHAT is your favorite thing to do?
14. Have you given up on yourself?
15. Do TV commercials send you to the kitchen for food?
16. If you work or gone from home for awhile, is the first thing you thinkof as you enter the house, food?
17. Do you walk or exercise every day?
18. Is it sometimes "just too much trouble" to stay on a diet?
19. Can you find something each day to be really enthusiastic about?
20. Do you feel you will evr be a KOPS? Why or why not.
21. Are you too busy to plan your meals ahead before you go shopping or get hungry?
22. Name three things you like to do for fun besides eating.
23. Do you think you are still looking for a miracle to make you lose weight?
24. Do you finish the leftovers so as not to waste the food not eaten?

25. DO you ever make excuses when you gain weight?
26. Do you ever eat to put off doing a chore, such as running the vacuum, ironing, etc?
27. Do you dislike yourself when you gain? Why?
28. Do you ever eat when you are angry?
29. Are you afraid to be thin?
30. If there is a sale on ice cream, do you buy a lot "just for the family" and then eat it all yourself?

FATS

You will need a can of Crisco or other such shortening, measuring spoons, plates and a fat gram book. The one I used was Fast Food Facts by Marion J Franz

I started out the program with a basic run down on what fat is. I did stress that since things with wt are always changing to say what is good and what is bad is hard to say and that the propose of this program was to make us all aware and make it easier for us to figure out food labels. I know to me seeing something listed as grams doesnt tell me anything.

A gram of fat is approx 1/5 teaspoon I used 1/4 teaspoon of the Crisco explaining that it was just a tad more then the 1/5 I then put out 1 teaspoon of the Crisco as 5 grams of fat is 1 teaspoon and is also one fat exchange in the exchange type diet such as what is listed in the Choice is Yours. Then the fun began :) I told everyone to pretend we were spending the day rummaging and since we needed an early start we would be going to fast food places. For our chapter we started with Burger King and Dunkin Donuts I had the group tell me what they would order typically. I then figured out the calories and the fat grams then converted the fats to teaspoons and tablespoons (3 teaspoons is 1 tablespoon). We went to 4 other resturants on our trip using 2 for lunch and one for dinner. At each resturant I also told the chapter what the highest fat item was for that resturant and what some of the lower fat choices were. Being able to actually see the amts of fat that common items are was a shock to many. We also discussed regular foods such as salad dressing and such. Everyone ended up walking away from the meeting with a better idea of fats and what they are. It got lots of discussion and after looking at our pile of fat I dont think anyone headed to the fast food places after meeting and if they did they were able to make smarter choices. by the way I nearly emptied the 1 pound can of Crisco
friendship always from Debbie in WI

Quiz

1. Which of these foods is most likely to help prevent the most common form of blindness in older Americans?

- 1.. Carrots
 - 2.. oranges
 - 3.. spinach
 - 4.. tomato juice
 - 5.. zucchini
- c. spinach

Two carotenoids found in spinach lutein and zeaxanthin appear to protect eyes more than beta-carotene and other carotenoids. Other good sources: red bell pepper, okra, and leafy greens like kale, collard greens, and romaine lettuce

2. Which is worst for you?

Butter

tub margarine

stick margarine

whipped butter

light tub margarine

a. butter

Butter's saturated fat makes it boost your cholesterol more than margarine will. If you insist on butter, at least get a light whipped brand (some of its fat will be replaced by water and air). As for margarine, a tub always beats a stick, but a light tub or spread has the least cholesterol-raising trans and saturated fat of all.

3. Which claim is backed by the best research?

hot dogs increase the risk of childhood leukemia

carnitine helps you lose weight

cranberry juice can help treat urinary tract infections

garlic strengthens your immune system

coenzyme Q10 helps prevent heart disease

3. c. cranberry juice can help treat urinary tract infections

In a recent study from Harvard Medical School, women who drank a little over a cup of cranberry juice cocktail a day were twice as likely to be cured of their urinary tract infections as women who drank a look-alike, taste-alike beverage with no cranberry juice. None of the other claims are backed by studies as good.

4. True or False: Breast cancer kills more women than any other disease.

4. False

Premenopausal women are more likely to die of breast cancer than heart disease. But after menopause, when the risk of both illnesses really takes off, heart disease is a much greater threat. When women of all ages are combined, heart disease kills four times as many women as breast cancer.

5. Which disease has not been linked to diets that are rich in red meat?

colon cancer

heart disease

prostate cancer

stomach cancer

d. stomach cancer

The saturated fat and cholesterol in red meat especially ground beef raise the risk of heart disease. No one is sure what in red meat explains its apparent link to colon and prostate cancers

6. A diet rich in fruits and vegetables has not been clearly linked to a lower risk of:

breast cancer

colon cancer

lung cancer

stroke

a. breast cancer

A few animal studies suggest that something in fruits or vegetables may reduce the risk of breast cancer. But in humans, other cancers are more strongly linked to a lack of fruits and vegetables.

7. A healthy Mediterranean diet has very little

bread

olive oil

beans
vegetables
cheese
e. cheese

A true Mediterranean diet is very low in saturated fat. That means very little cheese (and meat, poultry, and butter).

8. If you're in your 50s or 60s and your blood pressure is normal, it will stay that way. True or false
b. false

In the U.S., blood pressure rises with age for most people. Roughly 40 percent of 50-somethings, 50 percent of 60 somethings, and 60 percent of 70 somethings have blood pressure that's high enough to consider treating with drugs.

9. Four of these strategies have been clearly shown to keep blood pressure from rising. Which hasn't?

cutting salt
losing excess weight
eating potassium-rich foods
getting adequate calcium
Exercising regularly

9. d. exercising regularly

There's convincing evidence for all but the calcium. Limiting alcohol to no more than two drinks a day should also keep your blood pressure from rising.

10. Which is not a good source of potassium?

Cantaloupe
Yogurt
brown rice
squash
kidney beans
10. c. brown rice

Most grains aren't rich in potassium. A serving of any of the other four foods will give you at least 500 mg. Health experts recommend getting 4,000 to 4,500 mg a day to keep blood pressure low. Most fruits, vegetables, beans, fish, poultry, and milk (but not cheese) are good sources

Getting Started

Step 1 - Making A Commitment

Examine reasons why you wish to lose weight or control your weight in terms of your physical health, mental health, relationships, work etc.

For example, examine the following statements and see how you feel about each one:

I want to lose weight to increase my energy level.

I want to look more attractive.

I want to be able to move more easily.

I want to be able to be physically active.

I want to feel good physically.

I want to be able to fit in my old clothes.

I want to like the way I look in photographs.

I am often depressed about my weight.

I'm afraid I'll lose my spouse/partner because of my weight.

I am satisfied with myself as a person. Okay, so you think you're committed, but be aware that being committed to any task or project takes much more than simply stating the fact. Without adequate thought and planning, most commitments will not last long, particularly where the changing of lifestyle habits for weight control are concerned.

Commitment takes much more strength of mind and purpose. The "eggs and bacon" analogy helps demonstrate the difference between commitment versus simple involvement: the chicken that provided the eggs was simply involved in that particular breakfast; the pig that provided the bacon was fully committed!

Reference Library Articles:

Body Fat Distribution & Health Step 2: Preparing Mentally - Beating Barriers to Lifestyle Change
Successful weight control means making lifestyle changes with regard to diet and physical activity as well as adopting a positive mental outlook and high level of motivation. All this takes a lot of dedication and attention to the psychological issues that can intrude into and disrupt our good intentions.

In most cases, the only barriers to success are those barriers that we impose upon ourselves. Another analogy - the 'Mexican jumping fleas' analogy: When placed in a glass jar, Mexican jumping fleas easily escape. Place a lid on the jar, and the fleas bump their heads on the lid. They soon learn to only jump to a height just below the lid. Now, take off the lid and what happens? You'd think that the fleas would immediately escape; but, no, they keep jumping to the same height as though the lid was still there. The lid represents the mental barrier that we impose upon ourselves.

We need to plan a defense to beat the barriers that will surely arise during our attempts to lead a healthy, balanced, active lifestyle. To avoid the dropout syndrome, you need to create a lifestyle defense plan that anticipates the obstacles ahead and protects your new habits while they are still unfamiliar and vulnerable.

Your written lifestyle defense plan should include in-depth answers to the following four questions:

How Much Do I Want This?

How will this change fit into your values and beliefs about what is important in life? What trade-offs are you willing to make to achieve the change? To make this change, I will:

What Stands In My Way?

Is your work schedule, financial situation or lack of family support likely to become a problem (or an excuse)? Have certain people, activities or attitudes blocked your progress in the past? You should also consider your fears and how to counter them.

Identify potential barriers and plan now for how you will meet these obstacles head-on. (for example, "I will tell my boss about my program and refuse to let new work-related projects sabotage my health.")

Potential barriers, and how I will meet them:

Where Is My Support?

Plan your support system. To whom will you turn for advice and encouragement (your family, friends, medical professionals, trainer)? Which resources (internet sites, books, videos, equipment, clothing) will inspire you to succeed?

Sources of support:

What Does Success Mean To Me?

How will you know when you have accomplished your goal? What will it look and feel like to you? Remember to focus on the process of changing, not just on the outcome. For example, "I will be walking regularly for one hour, three times a week. I'll feel invigorated and more confident about my body, and I'll remember to congratulate myself often. My friends will know this new habit is part of

my schedule and I'm sticking to it. I'll have appropriate shoes and comfortable clothes to wear while I work out. I'll think of this new habit as a gift I'm giving myself - time I need, not just for my health, but to keep my life in balance."

When I am successful, I will:

From: yy02btopsnow@msn.com

I used the following article, which I believe I got from msn.com, as the basis for my comments, combined with some provided to the loop, in an article entitled "Physiology of Hunger." In conclusion, I discussed some foods I had found around the house, with an eye to their value as a healthy snack. I had sandwich bags, with each containing 100-calories worth of the snack, so that everyone could see how much food they were getting, as I discussed the nutritional value of each.

I started with the one that would give the least quantity for 100 calories (peanuts), and ended with the one that we could eat the most of (carrots). The info re the snacks I used can be found following the article (I provided this portion to chapter members as a handout).

<<HEALTHY SNACKING -- Yes, you can!

Americans are becoming a nation of grazers. As we make our way through the day with several small meals, it is clear snacking is a way of life for many of us.

Examine your snacking habits by answering the following questions. Then continue reading to discover some helpful snacking tips.

Snack Quiz

Do your snacks fit into one of these groups: meat, poultry, fish and alternates; fruit; vegetable; bread, cereal and other grains; milk, cheese and yogurt?

Do you avoid snacks within one hour before a meal?

Do you have a written snack plan?

At this moment, do you have a bowl of fresh fruits or a container of cut vegetables available?

Do you snack when you are hungry?

Do you clean your teeth after snacks?

Nutritional Value of Snacks

Snacks can be packed with nutrients rather than empty calories. They can help fill the nutrition gap if proper choices are made. The following tips will help determine if your snacks contribute to healthful diets.

Select foods from the milk, cheese and yogurt group; meat, poultry, fish and alternates group; fruit group; vegetable group; bread, cereal, rice and pasta group. Foods from one of these groups contribute more nutritional value than foods from a fat, oils and sweets group.

Use snacks to supplement daily meals - not to replace them. If snacks are eaten within an hour before the meal, they interfere with your appetite at the meal.

To keep snacking under control, develop a plan. Include what will be eaten, how much, and the time for your snack.

Make appropriate snack choices available. Studies show snacks often are chosen because of availability rather than preference. If your cupboards are full of cookies, chips and candy, it's easy to make them your choice. If fresh fruits are washed, and vegetables cleaned and cut into finger foods, they become an easy choice.

Eat snacks when you are hungry. Young and middle-aged adults may not need snacks between meals to get through the day. However, as we get older, we may have difficulty with large meals and may do well with several small meals a day.

6. Structure snacks to reduce the risk of tooth decay. Choose snacks that don't stick to your teeth and are low in sugar. Plan snacks at regular times so it will be easier to brush your teeth after eating.

Eat a variety of foods. Avoid the rut of selecting the same snack all the time. Rotate your snack choices among the food groups. Remember to work snacks into your total daily food plan.

Balance the food you eat with physical activity -- maintain or improve your weight. Eat snacks to meet a physical need. Avoid eating snacks for boredom, frustration, or loneliness. If that is the case, try physical activity instead. Avoid high calorie snacks.

Choose a diet with plenty of grain products, vegetables, and fruits. Snack selections such as whole-grain bread or cereal products add fiber and starch. Fresh fruits and vegetables (especially with the skin or outer covering) are other good fiber sources.

Choose a diet low in fat, saturated fat, and cholesterol. Pay attention to the hidden fats in many snack foods such as cake, cookies, chips, and some types of crackers. Fruits, vegetables, low fat dairy products and plain breads and cereals limit fat intake.

Choose a diet moderate in sugars. Select snacks that have a limited amount of refined or concentrated sugars, such as table sugar, brown sugar, corn sweeteners, molasses, syrup and honey. Natural sugars from fruits provide plenty of sweetness in your life.

Choose a diet moderate in salt and sodium. Highly salted snacks are one of the biggest sources of dietary sodium. At parties, sit next to the vegetable plate rather than the chip, pretzel and salted popcorn bowls. Guard against excessive cheese intake, too, since cheese is high in sodium and fat. Even some low-fat cheeses are high in sodium.

If you drink alcoholic beverages, do so in moderation. In general, alcoholic beverages are not a good snack item. They contribute little nutritional value. For children, adolescents and pregnant women, alcoholic beverages should not be a part of the daily food plan, and definitely not a snack item.>>

-----Snack list follows-----

Planters' Dry Roasted Unsalted Peanuts

About 25 pieces = 100 calories

14 g fat 75% of calories from fat

2 g saturated 3.5 g polyunsaturated 7 g monounsaturated** No trans-fats**

2g fiber 8 g protein**

Harmony Deluxe Super Trail Mix

1/4 cup = 150 calories

7 g fat 40% of calories from fat

2 g saturated ?? g polyunsaturated ?? g monounsaturated No trans-fats**

3 g fiber 3 g protein

Reduced Fat Wheat Thins

12 crackers = 100 calories

4 g fat 25% of calories from fat

1 g saturated 0 g polyunsaturated 1.5 g monounsaturated** Contains trans-fats

1 g fiber 2 g protein

Thomas' Maple French Toast English Muffin

1/2 muffin = 80 calories

1.5 g fat** 10% of calories from fat**

0 g saturated** ?? g polyunsaturated ?? g monounsaturated Contains trans-fats 1 g fiber 5 g protein**

Kashi GoLean Crunch Cereal

1/2 cup = 95 calories

3 g fat ** 12% of calories from fat**

0 g saturated** ?? g polyunsaturated ?? g monounsaturated No trans-fats**

8 g fiber** 9 g protein**

Barbara's Bakery Puffins Cinnamon Cereal

3/4 cup = 100 calories **

1 g fat ** 10% of calories from fat**

0 g saturated** ?? g polyunsaturated ?? g monounsaturated No trans-fats**

6 g fiber** 2 g protein

Raw carrots

7 OUNCES** = 100 calories **

0 g fat ** 0% of calories from fat**

0 g saturated** 0 g polyunsaturated 1 g monounsaturated** No trans-fats**

7 g fiber** 1 g protein

Assortment of Programs

From: BabsHart@aol.com

Some of the things we have done lately included doing a visual on portion control. Myself and the leader brought cereals, and such, measured out, into baggies, so they could see the different sizes, calories, etc.

Suggestion. take a 20 pound bag of dry dog food. Whew,,,,,,almost got a hernia hauling it in from the car~!!! Then ,, during our "visual" , I hoisted it up , and passed it around so that all the members could get the idea of the amount of it. Then I discussed how , I, having about 60 pounds to lose,, could stand to lose about 3 of these bags!! And how hard it must be for my heart to carry that added weight around!! Two weeks ago, we had a "Fun Meeting", consisting of a Tops Crossword puzzle, consisting of words pertaining to Tops meetings, food , nutrition, etc. The next game was a table covered with "diet" related items,(I hasten to say diet, because we know it's not a diet, but a way of life, but you get the picture) the table had things like a food diary., measuring cups, lite popcorn, an apple, fat free dressing,,,,,,etc. They had 1 minute to look over the items, and then I covered them up. The winner of that game, was the one who guessed the right amounts on the table. The winners were given a little gift, as a prize. It was one way to getting them to interact, instead of just sitting there, listening to us. We are doing our best to do a monograph meeting monthly (towards our gold star chapter) ,,,and we are wondering how many different ways we can find to make this interesting , each month!! I am willing to make it a " Monograph Fun Meeting" monthly , if I can find new ways each time. my own chapter program is on how to take a recipe you have and convert it into exchanges. And to back this up I have given each person a sheet that tells the exchange values of common ingredients of items used like flour, sugar, etc in recipes, a sheet that shows a tuna casserole being calculated into exchanges and a worksheet to convert one of their own recipes. . I have heard of other chapters doing exchange bingos too. You make up bingo cards with exchanges on them and when the announcer doing the bingo calling, instead of saying B10, they would say Bread4 or Milk 30. I use food models when I teach the exchange system and we have set them up on plates on tables with silver, glassware and the works to show off what you

can eat in a day at 1200 and 1500 calories from the monograph when we have had open houses and stuff going on. Its so much easier and more interesting when you can show it rather than just talk about it.

Assortment of Programs (Part 2)

From: jtinae@webtv.net

Here are some program ideas we used in the past.

1. do a fashion accessory program,using scarfs,jewelry etc , talk about patterns and colors that are slimming...
2. We invited a pharmacist to a meeting to talk about medications and weight gain etc as a added bonus this pharmacist also knew alot on nutrition and how food is assimulated in the body, a hobby of hers and she came twice then to do topics.
3. we had a lady that grew herbs and she presented ideas on the herb growing, then brought herbs for us to taste, and some herb vinegars she made.
- 4.We had a line dancing instructor come,the chapter paid for oh say 4 weeks of line dancing lessons at our meeting place for a half hour,the gal gave a deal then after that think anybody wanting to still do was asked to split the cost.
5. members brought in video exercise tapes to share we were lucky though to have a vcr/tv there in our meeting room then though
- 6.we had invited from the woman's crisis center a rep to come talk to us,we then for a love offering we all brought in canned food items or things that can be used at the shelter,you would be amazed at the ings they need but we did not know at the time before they came specifics so we figured food for the cupboards was helping them out.
7. one of the members had brought in a sheet of chair, /sitting exercises to do and we did those.
8. once a month in the warm weather after the business meeting we went for a 2 mile walk as part of our meeting then , we went to a near by park to walk together.
9. we had a annual Beach party meeting once a year, everybody dressess up summery, (we usually had this in Feb or March) and had a fun night of differnt funny awards like prizes of a mock vacation trip to the one judged to be the first prize in outfit for the beach(no swimming suits though) Played beach boy songs etc. first year we had it as our installation night and then after had refreshments at the SHELL BAR had all kinds of tropical items,fresh fruits, fruit slush punch etc. then everybody enjoyed it so much it progressed.
10. Do a meeting on the Food diary or take parts of the Choice is Yoursand discuss.....
when I was leader I did a series of motivational discussions. also a contest that is involved can be done as part of the meeting. coupon exchanges, recipe exchanges ,we did a white elephant auction sale with TOPS Dollars members earned for a few months.

Phyllis Courtney TOPS #MO 385, rolla

What I am going to do tonight will probably be a little different than the normal program a friend gave this idea to me. What he did was make salsa for his youth class and as he put each ingredient into the chopper, he compared the ingredients to a part of Christianity. It was so good that I got to thinking about how those ingredients could compare to Tops. What made it associate with Tops to me was that salsa is one of the most guilt free accompaniments that you can use on a good weight loss program. It has so very many uses and is good for us at the same time. Salsa is defined in the Better Homes and Gardens Encyclopedia of Cooking as a term for any variety of highly seasoned sauces. They can be cooked or uncooked and are especially popular in

Mexican and Tex-Mex cooking. The salsa is generally chunky in texture and almost always contains chili peppers. It can be bought commercially but by making it at home, which is easy to do, you can control what you use and that adds to keeping your diet under control.

Some of the ways to use salsa are the main way as a chip dip, If you use baked chips and use moderation this is a very good snack. You can also use it as a vegetable dip. We use it as a topper for baked potatoes which sure beats the butter and sour cream in a weightloss program. I use it as a seasoning for some meats and vegetables and I often use it in a recipe that calls for chopped canned tomatoes as it makes the recipe a little spicier. I am sure you could all give me many more uses for it.

The list of ingredients that I am going to use tonight are: 2 medium size ripe tomatoes chopped and they have 52 calories and point .8 grams of fat --- 1/4 of an onion chopped and that has 20 calories and less than point .1 grams of fat --- 4 sprigs of chopped cilantro which has 1 calories and no fat grams --- 2 cloves of garlic crushed which has 8 calories and point .1 fat grams --- 2 tablespoons of lemon juice which has 8 calories and no fat grams --- 1 teaspoon of salt which has no calories and no fat grams and 1 jalapeno pepper chopped with or without the seeds which has 10 calories and no fat grams. The total for this size batch is 99 calories and 1 fat gram. That would be if you ate the whole batch yourself and by how much you eat of it, you can determine how many calories and fat grams you have. Now let us start making it.

The first and main thing I put in is the tomatoes and when you think of the main thing in Tops, I think of the members. Without each of us there would be no Tops Organization. We are the main ingredient being a group of people all alike, having the same struggles in life. The main ingredient is just waiting to be mixed in with all our other Tops friends to gather growth and become a finished product.

The next ingredient in the salsa is the onion. Onions are an exceptionally strong antioxidant. They have been found to prevent cancer, ward off blood clots, lower cholesterol and aid in diabetes. I compare the onion to Tops support as an exceptionally strong aid to us. It is found to prevent discouragement and to help us keep on keeping on.

The next ingredient in the salsa is the garlic. Garlic is a little vegetable that has been used for over 5000 years in various healing formulas. It has been noted that garlic helps to kill bacteria. It has also been found to stimulate natural protection against tumor cells and heart problems. I will compare this in Tops to our "Choice is Yours" book. Our Choice is Yours book has been used for years to guide the Tops members in developing a good life style of eating. It has been found to stimulate our minds into learning more about ourselves and our health and how to maintain good health.

The next ingredient in the salsa will be the cilantro. Cilantro is like a Mexican parsley and it has been found to suppress cancer cells and it is a good diuretic which helps us to rid our bodies of those poisons and fat cells. I want to compare this to our Tops Helping Hands. These wonderful helping hands help us to suppress our negative feelings when we have them and to help us to rid our minds of the poisons that creep in when we feel discouraged.

The next ingredient in the salsa is the lemon juice. Lemons are a fruit with a lot of zest to them. Fruits are very good for us and should be eaten daily. I would like to compare the lemon juice in the salsa to our weekly programs we get in our Tops meetings. We only hear a program once a week but we should try daily to put into practice what we hear weekly. Each of us should try to give a program at times because I promise you that as you study to give a program, you will learn and grow a lot. Sometimes programs seem like things we hear over and over but we can always get at least one new fact each time we hear something.

The next ingredient in the salsa is the salt and although it is not the best thing for us, it is sometimes necessary. It adds that little something. Salt has been used forever as a preservative but too much of it can be bad for us. In Tops I will compare the salt with our scales. Scales have been used forever for weight and sometimes the scales are not too good to us either. The good side of the scale is when we see our weight go down each week. We all have gains from time to time but as we take advantage of all the above mentioned things, we can get back on track and get the scale going in the right direction again.

The last ingredient in the salsa is the jalapeno pepper. The pepper will open our sinuses, break up mucus in our lungs and speed up our metabolism causing us to burn more calories. It is the one thing that really spices up the salsa. I want to compare the jalapeno pepper with our awards received at chapter level, area level, state level and national level. Our life is spiced up by these occasions. The salsa would be bland without the pepper and our Tops life would be bland without the SRD's where we have great times of fun and learning and sharing and receiving. We all need to be recognized for our accomplishments.

We now have all the ingredients in the mixer/chopper for the salsa to be mixed and blended together to get the final product --- SALSA!!!!!!!!!!!!!!

We now mix our Tops ingredients together, the members, the support, the Choice is yours book, the helping hands, the weekly programs, the scales, the awards, and the rd's and what we have when we get all these products mixed together is the final product --- a KOPS!!!!!!!!!!!!!!

written by... Phyllis Courtney

Positive Attitudes

From: TOPSY825@aol.com

I made a list of positive thoughts for the "gainers" to read at my chapter meeting. Thought I would send them on in case anyone else could use them. During roll call, we applaud the losers and have the gainers pick a positive thought, positive attitude or inspirational message. I spaced them so that they can be printed and then cut into strips, rolled up and put into a jar or container. A loser passes the jar around to the gainers. Sometimes they call the girl over with the jar before they even give their gain.

- .. I AM A WORTHY PERSON WHO DESERVES TO SUCCEED
- .. I WILL BE THE LITTLE "CHOO-CHOO" WHO COULD
- .. I WILL CHEW MY FOOD SLOWLY, SO I CAN ENJOY EVERY BITE
- .. I BELIEVE IN MYSELF. WHAT OTHERS THINK DOESN'T MATTER
- .. I CAN EXERCISE ANYWHERE, ANYTIME ÷ AT SINK, STOVE, TABLE, DESK OR IN BED.
- .. I ENJOY GIVING COMPLIMENTS, BECAUSE I ENJOY RECEIVING THEM.
- .. ONE POSITIVE THING I CAN GIVE AWAY FREE, IS A SMILE.
- .. I WANT TO LOSE WEIGHT FOR ME, BECAUSE I'M WORTH IT
- .. EACH TIME I PASS A MIRROR, I WILL LOOK AND SAY "I LOVE YOU"
- .. I WILL MAKE AN EXTRA EFFORT TO BE LOSER, 'CAUSE I AM A WINNER
- .. I AM AN INTELLIGENT PERSON WHO KNOWS WHAT TO DO TO LOSE WEIGHT
- .. TODAY, I WILL DO FOR MYSELF, AS I DO FOR OTHERS
- .. I WILL KEEP A POSITIVE ATTITUDE BECAUSE THAT MAKES ME FEEL GOOD
- .. MY TOPS FRIENDS MAKE ME FEEL IMPORTANT. I WILL SUCCEED
- .. IT IS NICE TO BE IMPORTANT, BUT MORE IMPORTANT TO BE NICE
- .. THINK SWEET THOUGHTS, NOT THOUGHTS OF SWEETS

.. YOU HAVEN'T FAILED UNTIL YOU QUIT TRYING
 .. DIET: SOMETHING YOU KEEP PUTTING OFF UNTIL YOU ARE PUTTING ON
 .. THE POPULARITY OF TOPS, PROVES THAT PEOPLE WILL GO TO GREATLENGTHS TO
 AVOID GOING TO GREAT WIDTHS.
 .. FRIENDSHIP IS TO PEOPLE, WHAT SUNSHINE IS TO FLOWERS
 .. BELIEVING IS THE BEGINNING OF A DREAM COMING TRUE.
 .. IT'S NOT WHAT'S IN THE HOUSE OR AROUND÷÷IT'S WHAT GOES IN THE MOUTH AND
 DOWN.
 .. TODAY IS THE TOMORROW YOU PROMISED TO START YOUR LIFE STYLE CHANGES.
 .. A PINT OF GOOD EXAMPLE IS WORTH A GALLON OF ADVICE.
 .. SUCCESS HAS NO CALORIES, BUT IT SURE TASTES SWEET
 .. A STUMBLING BLOCK CAN BE A MILESTONE-----IF IT JOLTS US ONTO THE RIGHT TRACK.
 .. YESTERDAY IS A CANCELLED CHECK; TOMORROW IS A PROMISSORY NOTE;
 TODAY IS READY CASH, SO SPEND IT WISELY.

Who wants to be a KOPS ?

From: [BReese4494](#)

There are several pages to list, so I'll start with the first page of Rules:

One question will be read where the four answers will be asked to put in a specific order. The first person who raises their hand with the correct order will be the contestant.

RULES FOR "WHO WANTS TO BE A KOPS?"

1. All of the questions used comes from "The Choice Is Yours"
2. Each contestant will answer 5 questions of increasing difficulty. If you answer the first question, you will win \$1.00 off your June dues....2nd question..\$2.00, 3rd question...\$3.00, 4th question...\$4.00, and the last question...\$5.00 (our monthly dues are \$5.00)
3. You will have two lifelines available: As a member and 50-50 (the person asking the questions will give the 50-50 answer)
4. If you miss a question, you will be reduced to the \$1.00 level....or you may choose not to answer the next question and walk away.

For the 1st contestant to be chosen: Put these foods in order of calories starting with the most:

1. 1 medium peach
2. 1 oz. of cheese
3. 1 cup of green beans
4. 1 cup of apple juice

(Answers D, B, A, C)

2nd contestant: Put these salty items in order from most salty to least salty:

- a. 2 oz. bag potato chips
- b. 1 T. Soy Sauce
- c. Head of Lettuce
- d. 1 tsp. of salt

(answers: D, B, A, C)

3rd contestant:

Put these food items in order as they appear on the food pyramid from top to bottom:

- A. Bread
- B. Fat

C. Fruit

D. Milk

(answers: B, D, C, A)

4th contestant:

PUT in order from most to least these calorie burning exercises:

A. Typing

B. Singles Tennis

C. Bowling

D. Volleyball

(answers: B, D, C, A)

QUESTIONS:

Good snacks to keep in the frig are:

A) Snickers Minatures and Hot Dogs

B) Whole Milk and Oreo cookies

C) Celery Sticks and apples

D) Meatballs and cheese cubes

Examples of Betacarotene are:

A) Cabbage and Turnips

B) Carrots and Cantaloupes

C) Twinkies and Sno-Balls

D) Parsley and Broccoli

One teasp. of table salt contains how much sodium:

A) 500 mg

B) 1000 mg

C) 2300 MG

D) 4000 MG

The plate method refers to:

A) How much food an average plate will hold

B) A fight method used by couples in a heated argument

C) A visual method of portion control

D) way you can measure how much broccoli a child eats

ISOFLAVONES are:

A) Vitamins taken in the morning for energy

B) Minerals needed for brain function

C) Plant equivalent of female hormones lost at menopause

D) Age spots you get on your hands

These are questions that can be used for the first contestant.

The ideas for the questions came from the Choice Is Yours.

There are sets of 5 questions for each contestant.

2nd set of questions:

Resistance Exercise:

A) is saying no to a hot fudge sundae

B) develops strength and muscle mass

C) is avoiding the TOPS officers when they need a program

D) is doing leg lifts and jumping jacks regularly

What % of Obesity is caused by Genetics:

A) 2 - 8 %

- B) 25 - 40%
- C) 60 - 75%
- D) 100%

Which one of these activities is a safe exercise for most people:

- A) Bungee Jumping
- B) Sky diving
- C) Bull riding
- D) Walking

The average time taken to consume a burger, french fries, and milk shake is

- A) 45 seconds
- B) 15 to 20 min.
- C) 2 days
- D) 4 1/2 minutes

Folacin promotes red blood cell formation, it is found in:

- A) Liver and onions
- B) beans and orange juice
- C) onions and tomatoes
- D) chicken and brussel sprouts

An example of the "meat" category of the food pyramid is:

- a) pound cake
- b) beef
- c) grapes
- D) canvas shoes

What is the range of acceptable wt. gain during pregnancy?

- A) 80-90 lbs
- B) 10 - 18 lbs
- C) 25 - 40 lbs
- D) 25 - 28 lbs

You burn approximately 300 calories an hour by:

- a) chasing your dog down the alley at a fast pace
- b) reading a spicy novel
- c) walking at 3 miles per hour
- d) running 5 miles per hr

BMI means:

- a) body measurement increases
- b) Bad minor injury
- c) body mass index
- d) bother me indirectly

BIOTIN is:

- A) a Biological condition regulating emotions
- b) a water soluble vitamin that aids metabolism of fat
- c) a secretion from the gall bladder when diseased
- d) an allergic reaction to various metals

A serving of orange juice is:

- a) 1 qt.
- b) 1/2 cup
- C) 2 tablespoons

d) 1 gallon

Obesity is associated with what 4 serious health problems:

- a) arthritis, high blood pressure, earache, and cancer
- b) diabetes, gout, tennis elbow and nosebleed
- c) cancer, high blood pressure, diabetes, and heart disease
- d) big boobs, jiggle hips, swollen ankles and sunburn

what is the normal blood sugar level:

- a) 50-75 mg
- B) 200-225 mg
- c) 80-110 mg
- d) 10 -25 mg

Which of these activities is no an aerobic activity:

- a) Running from the police department
- b) cross country skiing
- c) lifting weights
- d) bicycling

The recommended daily intake of vitamin E is:

- a) 100 mg
- b) 12-15 IU
- c) 50 IU
- d) 75-100 IU

As you can see there was some humor added to the questions, but the real question and right answer was taken from the Choice Is Yours.

EXCHANGE PROGRAM

From: TOPS2KOPS@aol.com

I did a program for my chapter which I would like to share with you. Since we should all be using the monograph and the exchange system for at least one program a month, I chose to do one one the "bread exchange" and took actual servings of about 15 of the allowed foods. Even as I was preparing some of the items, I became aware once more of why I am struggling "in leeway"....my portions have been much larger than is sensible. For example, have any of you actually weighed a 3 ounce potato(which is one bread serving) ? Well, my friends it is only a few bites!!! As a real contrast, I took a very large potato...like we all love to see in those potato bars,,,,and, it weighed ONE POUND!!!!b As one member remarked, "our best loser just lost 4 BIG POTATOES"!!! For you cereal eaters, we were all amazed to see how little 3 tablespoons of grapenuts really is. I love to stir them into a carton of low -fat yogurt for some extra fiber and "love the crunch"....and will continue to do so, but must remember its one of my breads allowed for the day. As an extra incentive, I had made up some little cards on my business cards program with the verse "I Will Persist until I Succeed..I Will be a Winner". they are a great size for refrigerator magnets, bookmarks or to carry in a wallet.

FOOD CHART

From: BReese4494@aol.com

(Note: there is a contest that can go with program.. see assorted contest)

Program: I gave everyone a blank food chart and had them write down what they had eaten on Sunday before the meeting on Tuesday (Easter Sunday). I asked that no name be placed on the food chart. Then I collected them and had each person take a food chart (not their own) to review.

Then we discussed that (?) person's daily intake as far as how many exchanges each had. We didn't do calories because not everyone had a monograph or reference to look up calories (and didn't have time to do this either). Each member was also provided a list of exchanges to go by which helped them to decide how many exchanges on the food chart. The members had been instructed to estimate the portion size. The group liked this and in fact asked that we have some more programs on keeping food charts, and explain the exchanges more.

Choice is Yours

[FAPurple](#)

1. Do you know how many calories are in the Bread/Starch list? _____
2. Which has more calories: 1 oz cheese; 1 oz sirloin; 1oz lamb chop ?? _____
3. If you have 1/4 cup cottage cheese. What food list will find it in? _____
4. How many grapes are you allow to eat? 17; 10; 15
5. How many calories are there in the Milk list? _____
6. A food or drink considered free foods has less than how many calories? 50 calories; 20 calories; 15 calories...
7. Which food is not considered free foods? 1 piece hard candy
1 Crystal Lite Bar; 1 cup Plain yogurt nonfat-sugar free.
8. Which is lower in calorie? 1/2 cup grapefruit juice; 1/2 cup orange juice; 1/2 cup Pineapple juice...
9. If you had 1 cup Cherrios & 2 slices Diet Bread....How many Bread/Starch did you have?

10. How many calories in 1 oz very lean meat? _____
11. Which has more calories: 1 oz Chicken w/skin; 1 oz Ground Turkey; 1 oz. Ground Chicken. _____
12. If you ate 1 Hot Dog & 1 Bun. What list did you use? _____
13. True or False: 1 oz. 15-18 chips & 1 oz. Potato Chips Lite are the same calories? _____
14. True or False: 1 Slice of Banana Bread & 1 Baking Powder Biscuit are the same in calories??? _____
15. How many strawberries can you have for 1 fruit?
1 3/4 cups; 1 1/2 cups; 1 1/4 cups...
16. Whats the calorie count in the Fat List ? _____
17. True or False: 1 Med cinnamon roll w/icing is the same in calories as 1/4 cup prepared stuffing??? _____
18. True or False: 1/2 cup Potato Au Gratin & 6 Peanut Butter filled crackers are the same in calories? _____
19. What has more calories: 1 tsp. Margarine; 1 Slice bacon; 1 tsp. Corn Oil _____
20. What has the most calories? 1/2 cup cooked Cabbage;

1/2 cup Cooked Carrots; 1/2 cup cooked Cauliflower?

ANSWERS:

1. 80 calories
2. 55 Calories all the same
3. 1 Meat & 1/2 Fat
4. 17 grapes
5. 90 Calories
6. Anything less than 20 Calories
7. Yogurt...,90 Calories & its 1 Milk
8. All the same 60 Calories, 1 Fruit
9. you had 2 Bread/Starch
10. 35 Calories
11. All the same...1 Meat & 1 Fat..75 Calories
12. 1 Very Lean Meat & 1 Bread/Starch.....115 Calories
13. No.....Chips have 1 Bread/Starch & 2 Fats....Lite chips have 1 Bread /Starch & 1 Fat.....
14. True.. same amount of Calories....1 Bread/Starch & 1 Fat
15. 1 1/4 cups
16. 45 Calories
17. True 1 Bread/Starch & 1 Fat
18. True.....1/2 Bread/Starch & 1 Fat
19. All the same... 45 Calories
20. All the same....1 veggie....25 Calories

Food Chart

From: BReese4494@aol.com

Give everyone a blank food chart and had them write down what they had eaten on a certain day before meeting. Ask that no name be placed on the food chart. Then collect them and have each person take a food chart (not their own) to review. Then discuss that (?) person's daily intake as far as how many exchanges or calories each had. Each member was also provided a list of exchanges to go by which helped them to decide how many exchanges on the food chart. The members had been instructed to estimate the portion size. The group liked this and in fact asked that we have some more programs on keeping food charts, and explain the exchanges more. It made a very good program.

Remember Your ABC's

To Achieve Your Dream

(this makes an excellent program. let members take turns reading. have flash cards with the ABC's that they can hold up)

- . Avoid negative sources, people, places, things and habits.
- . Believe in yourself.
- . Consider things from every angle.
- . Don't give up and don't give in.

- . Enjoy life today, yesterday is gone, tomorrow may never come.
- . Family and friends are hidden treasures, seek them and enjoy their riches.
 - . Give more than you planned to.
 - . Hang on to your dreams.
 - . Ignore those who try to discourage you.
 - . Just do it.
- . Keep trying no matter how hard it seems, it will get easier.
 - . Love yourself first and most.
 - . Make it happen.
 - . Never lie, cheat or steal, always strike a fair deal.
 - . Open your eyes and see things as they really are.
 - . Practice makes perfect.
 - . Quitters never win and winners never quit.
- . Read, study and learn about everything important in your life.
 - . Stop procrastinating.
 - . Take control of your own destiny.
- . Understand yourself in order to better understand others.
 - . Visualize it.
 - . Want it more than anything.
 - . Xcellerate your efforts.
- . You are unique of all God's creations, nothing can replace YOU.
 - . Zero in on your target and go for it!!

Rededication Ceremony

[From: MLT10739](#)

Supplies needed:

1. Enough small candles so that each member has one to light.
2. Enough small paper plates to put the small candles in to keep the wax from burning them. (I used yellow & blue colored construction paper and made kinda flower looking "protectors" that I slid about 1/2 way down on the candle over shorter blue tapered candles that I got at the Dollar store....3 for \$1) Most members wanted to keep their candle.
3. 1 large candle to be the "TOPS LOVE" candle..... I printed out TOPS LOVE in fancy lettering(blue on yellow paper) and cut it in a pretty shape and taped it on a 2"X8" white vanilla candle. I have printed the TOPS LOVE I did at the bottom of this if you want to use it to copy & print.
4. Copies of "Circle of Friendship" poem for everyone (or you could put it on a posterboard for them to read)
- 5 13 flowers (those bunches of different flowers on 1 stalk you can get at the Dollar store work good ...just cut them off)
6. Print out..... cut and tape to each flower... 1 of the dedications listed below.
7. Table to set the "TOPS LOVE" candle on.... in the middle of members sitting in a big circle. I used a card table with a pretty blue cloth on it.
(Before the meeting starts, give 13 flowers out to 13 individuals. Attached to each flower have one of the 13 dedications printed out on paper.

Ask them to please read it when asked and position them around the special "TOPS LOVE" candle.

Mistress of Ceremonies:

... I have learned that I cannot coast, it has to be a constant effort on my part... this was the "Tip of the year" that Pat Kinney sent out to the loop this year. It means we need to be constantly vigilant in our efforts at all times if we want TOPS to work for us.

There are times when TOPS hearts and minds need renewal and rededication.

Tonight, is the perfect time since it's the beginning of a New Year.

To the TOPS who are present, we say be of good spirit. You are special. Your time will come.

To the KOPS who are present, our hearts are full for you. You have reached your goal and we are so proud of you. We ask for your guidance

and understanding. Be patient with us, for we need you and we will give to you in return.

I have this candle and I'd like it to represent "TOPS LOVE". We are going to adorn it with flowers for our rededication.

I have asked some of our members to help in performing our Rededication Ceremony

Will # 1 come forward and read her part then place the flower around the base of the "TOPS LOVE" candle.....then # 2then#3.....& etc.

through all 13.

1. This flower is for the entire TOPS organization.

2.This flower is for our own chapter: TOPS # 1263, Duncanville.

3.This flower is for each member attending this meeting and for all of those who could not attend tonight.

4. This flower is for the strength needed to reach our Goals.

5. This flower is for the KOPS who can remind us that it can be done.

6.This flower is for the help and inspiration given through our meetings.

7. This flower is for the encouragement we give to one another.

8. This flower is for those members who are floundering. May they now find themselves on the road to success.

9 This flower is for the new friends we have met through TOPS.

10.This flower is for the hope of controlling our emotions intelligently this year.

11. This flower is for the determination and achievement of having a good weight loss this year.

12. This flower is for peace of mind, respect for others, and happiness in a new slim life.

13.This flower is for the promise we make ourselves when we say the TOPS Pledge at each weekly meeting.

And now we ask ALL of you to please join us in a TOPS rededication pledge.

Please stand and repeat after me.

Today, as I rededicate myself to TOPS goals and purposes, I pledge:

To forget my past mistakes and work toward a slimmer figure.

To strive for fulfillment and attainment of my goal.

To believe in the power I have over myself and my weaknesses.

To lend a helping hand and a ready smile.

To be a better person, chapter member and TOPS friend.

This rededication symbolizes my commitment to make a new and fresh start from this day forward.

I am an intelligent person, that is why I joined TOPS. I will control my emotions and NOT allow myself to stay home because I fear that I might

have gained.

Every time I am tempted to find fault with my chapter, criticize my fellow members, or think about quitting,

I WILL REMEMBER that my chapter can be no better than I help to make it.

My fellow members need my help as much as I need theirs, and if I should quit TOPS, I might never reach my goal.

Therefore, I hereby rededicate myself to support

My Chapter Through my weight loss and my actions to the best of my ability.

Mistress of Ceremony says: Thank you.....

Remember to love yourself. You are one of a kind. No one else is like you. Take time for yourself - you are important. And remember always that

TOPS loves you.

Next.....

To symbolize the spread of TOPS Love and Rededication I've asked our Leader Barbara to help me start the lights in our "Circle of Friendship"

by lighting her candle from the TOPS LOVE candle and passing the light to another member and then we will each light our candle from the member next to us until we are all have ours lit.

Now I would like for us to read the poem, that I passed out, together called " The Circle of Friendship" that someone on the loop wrote.

"Within our circle of friendship We'll find the help we need.

If we'll be true to ourselves and each other

And follow the TOPS rules and creed,

As we face a bright tomorrow

In the warmth of our candles bright gleam

Loving, caring, and sharing

We'll achieve and keep our impossible dream."

Thank you....now.....If you can, turn the lights off do soand read the "A Creed to Live By" to them by candlelight, while they hold their candles. Makes it very impressive!

Mistress of Ceremonies reads : A Creed To Live By

Don't underline your worth by comparing yourself with others. It is because we are different that each of us is special. Don't set your goals by

what other people dream important. Only you know what is best for you.

Don't take for granted the things closest to your heart.

Cling to them as you would your life, for without them life is meaningless. Don't let your life slip through your fingers by living in the past or for the future. By living your life one day at a time, you live all the days of your life. Don't give up when you still have something to give. Nothing is really over until the moment you stop trying. Don't be afraid to admit that you are less than perfect. It is this fragile thread that binds us to each other. Don't be afraid to encounter risks. It is by taking chances that we learn how to be brave. Don't shut love out of your life by saying it's impossible to find. The quickest way to receive love is to give love; the fastest way to lose love is to hold it too tightly; and the best way to keep love is to give it wings.

Don't dismiss your dreams. To be without dreams is to be without hope; to be without hope is to be without purpose.

Don't run through life so fast that you forget not only where you've been but also where your going. Life is not a race, but a journey to be savored each step of the way.

Then if you have time this is very good to read.

Rededication program (Part 2)

Motivation

M is for Main! You've heard the expressions "main man" and "you're my main friend". Well, you have to be your own main person! There are other people who are important to you in your life, but you have to be the "main" one!

O is for Only! Whatever it is that you want to do, whether it's going out for that new job or whether it's losing some weight, you are the "only" one who can do this for yourself. And it should be "only" for you not others that you choose to do it.

T is for Timing! Things take time! You don't think Monet painted those water lilies overnight. Everything that is worthwhile is being nourished by time! It takes "time" to plan good menus, and "time" to exercise. Give yourself "time"... You deserve it!

I is for Individual! Even if you have a twin or 5 or 6 siblings, you are still an individual. An individual is one that makes up his or her own mind and that beats his or her drum to a certain rhythm. You are an "individual"

V is for Victory. We usually hear this word at the Olympics, but every day you can feel victorious! When you plan to do something and you accomplish it, it is a victory -- no matter how big or small! Be "victorious!"

A is for Attitude. There are three kinds of attitude -- positive, negative, and numb. Which one are you? Two lead you down the hill, and one takes you to the top! Trying to find something positive in the things

around you will guide your attitude in a positive direction! Keep your "attitude" Positive

T is for Tolerance. There is so much that can bother us in a day. Our jobs; sometimes even our family and friends! We are tested each day to find out what our breaking points are. If tolerance was a book, each of its pages would have only one word printed on it, and that word would be patience. Be patient and practice "tolerance!"

I is for Ideas. Always thinking of ideas is an exercise that few practice. Most people start off by saying, "Hey, I got a great idea," but they never finish it. It just stays an idea. The trick is to continually think about your ideas until they become a reality.

O is for Optimism. Half full or half empty? You've heard that expression so many times. You can think that things are gonna work out, or you can think that things will never work out! If you believe that things in your life will never work out, trust me, they never will! But if you can think about something, and keep thinking about the joys and happiness it will bring you, you will be that optimistic person you've always wanted to be! Stay "optimistic!"

N is for Nerve. It takes nerve to get on the roller coaster at Six Flags! It takes nerve to bungee jump! For me, it takes "nerve" to get up here and give a program. And even though I have to read what I give it's good information that we all need. Anything worthwhile takes a little nerve!

Know your Calories

From: BobbieRae@aol.com

Make large flash cards with a name of a food on each card. some low calorie foods, some high calorie foods. Pass out to members. Have them walk around room and sit where they think the calories belong. for instance: the low calorie is seated first and highest calorie is seated last and the rest sit in order of calories in between. when everyone is seated where they think they should then announce each calorie starting with seat one and see who is seated out of order. its a fun get acquainted one plus gets members to sit in different places.

(PS. I have also tricked them by making all foods that are same in calories)

Food Pyramid

From: rn9@mediaone.net

Take the Food Pyramid and assign sections of it to two members of your chapter. Have them give a talk on that section and bring in ideas, clippings and samples.

Do this until each section of the Pyramid has been completed.

This section idea should take up the entire meeting...thus your leader should have several meetings covered.

Let the rest of the members discuss these ideas after the presenters have finished their section.

Reed Kingston Taylor

MA#69, Lexington

The Low-Carb, High Protein Diet Craze

Sally Thomson, Area Captain rthomson@coredcs.com

I gave this program at our most recent Quarterly meeting and it was well received. I asked some members to come up, gave them a sheet with one of the diets/menus, had them read what they had to eat for one day and tell how they liked the diet. It was pretty apparent to all that the diets are not balanced and healthy.

A number of fad diet books are sweeping the country, including The Zone, Dr. Atkins' New Diet Revolution, Sugar Busters and The Mayo Clinic Diet (which is not affiliated in any way with the prestigious clinic. Most fads are short lived, but this one keeps on going. These fad diets focus on blood sugar levels. Sugar in the blood signals the pancreas to release insulin. This hormone sends sugar to the brain and muscles to be burned for energy. Extra sugar is stored for later use. Some of this storage is in the form of fat. A sudden rise in blood sugar means more insulin gets secreted and more sugar may be stored as fat. A slow, steady rise in blood sugar is better. Carbohydrates raise blood sugar levels. Protein and fat have less effect on blood sugar. The authors of these books argue that the best way to lose weight is to skip eating carbohydrates altogether. They believe tht by filling up on protein and fat, a rise in blood sugar and increase in fat storage is avoided.

The Atkins Diet

Sample menu:

Breakfast:

4 egg cheese omelet made with 2 tablespoons milk and about 2 oz cheddar cheese. You may add some green or red pepper, tomato or onion.

3 slices Bacon

Lunch:

Roast Beef Sandwich with Muenster cheese (only 1 slice bread)

Lots of mayo and cheese- no limit here.

1/2 can soup (no crackers)

Supper:

Flank Steak and Veggies- buy a great big flank steak, slice it paper thin and cook quickly in own juices. Add onions, peppers, broccoli, string beans or asparagus. Cook lightly. Serve over mashed potatoes for the rest of the family, but NO POTATOES FOR YOU. You may have a salad of greens with dressing made of 3 parts Olive oil, one part Vinegar, garlic, salt and pepper. That's all for tonight! Better eats lots of the Flank Steak!

You can not have any milk, fruit, breads, pasta, rice, grains, soda, coffee, tea, juices, desserts, etc. You can only have meat or cheese, a few veggies and better drink lots of water. Your breath will smell bad even with lots of brushing- it's from your kidneys trying to keep up with the overload of protein that you are eating.

Theory: Beefing up on protein helps keep your weight down. This diet restricts your daily carbohydrates to 15-20%. You get to endlessly indulge on meats and pounds drop off quickly at the start- mostly due to water loss. Atkins recommends an extensive list of vitamin and mineral supplements to those who follow the diet. At first, low-carb diets seem to work. By limiting the foods you eat, they limit the calories you take in. Almost immediately, water loss occurs. Then, when the body does not have a supply of carbohydrates for energy, the liver begins making sugar out of whatever protein it can find- including your own muscles. The loss of water and muscle means your weight drops, but this kind of weight loss is only temporary and is achieved at a high cost.

Drastically reducing carbohydrates forces your body to burn fatty acids and eventually muscle tissue for energy, causing headaches, dizziness and fatigue. It may also cause irritability, light-headedness, weakness, bad breath, constipation and dehydration. This diet provides too much saturated fat and too few of the protective compounds in fruits and vegetables. Excessive protein may impair long term liver and kidney function, promote calcium loss and increase the risk of osteoporosis and heart disease. It is nutritionally deficient, especially in calcium, vitamins and minerals and is very boring.

Another low carbohydrate, high protein diet craze is the Zone diet. In this diet, carbohydrates are cut to 40% instead of the 60% recommended by the US RDA. Sample menu-

Breakfast:

Omelet made from 6 egg whites and 1/4 cup vegetables sauteed with 2 teaspoons Olive oil

3/4 cup slow cooked Oatmeal (no sugar, milk or sweetner)

1 cup strawberries

Lunch:

Caesar Salad made with 3 oz grilled chicken

2 cups grilled vegetables

1 small apple

Afternoon Snack:

1/4 cup 2% cottage cheese

1/2 orange

3 olives, 3 almonds or 6 peanuts

Supper:

5 oz grilled Salmon
1 small Garden Salad
4 cups steamed vegetables (not potatoes, squash, peas or corn)
1 cup mixed berries
Evening Snack:
1 oz tuna
8 cherries
1 macadamia nut or 2 pecan halves

Where is the pasta, rice, bread, grains or starches? Missing!!! Not Allowed! This diet deprives dieters of fiber as well as essential vitamins and minerals. It may increase the risk of heart disease and other serious ailments if you stay on the diet for a long period of time. You may also spend a lot of time figuring out the right proportion of protein to carbohydrates because you must eat exactly so much protein and fat for every gram (unit) of carbohydrate and it is not an easy diet to follow. You probably will lose weight initially but it is from loss of fluids. You may also start burning muscle tissue for energy if the carbohydrate supply is too low. Loss of muscle tissue makes you weak and tired. This diet has the same side effects as the Atkins Diet.

Diet/Nutrition/Exercise

From: Glspanjers@aol.com

Give a "Glenda's Tip" right after roll call. It is usually a 5 minute diet/nutrition/exercise idea I have gathered from my reading. Recently my tip regarding portion control was a big hit and really got the conversation rolling. I had a compartmented paper plate with MEAT written in the largest space, veggies in the next and grains in the next. I explained that that picture was the way most Americans plan a meal but it is a very unhealthy and fattening way to eat. I then passed out plates with VEGETABLES written in the largest compartment, grains (bread, rice, etc in the second, and meat in the next. I explained that if we just tried to plan our meals this way, with the veggies being twice as large a portion as the meat we would all eat healthier. Then everyone took the plate home as a reminder. The members seemed to like the visuals. (I got the idea from an article I read in Prevention Magazine about Americans eating too much meat.

YEAR 2000.

From: aicirtap@webtv.net

We developed the theme, "A goal is a dream with a deadline." After discussion and motivation taken from the TOPS PROGRAM MANUAL, all members wrote their personal goal and placed it in a TIME CAPSULE which will be opened at the first meeting in January, 2000. The cheer I wrote was so enthusiastically received, that we have ended all our meetings with it ever since.

TOPS NV #98 MILLENNIUM CHEER

Well, its now March and what does that remind you of? Spring? Growing plants?
March is a great time to concentrate on cleanup, planning, and fresh starts.
To create a _healthy_ garden however, is a little different.
A healthy garden needs a lot of time, effort, love and planning.

To have a successful garden it needs good top soil, fresh seeds, fertilizer and water.

This is the beginning of a new year at TOPS # _____

How about growing a healthy garden together?

First we begin with SOIL. Our TOPS organization is the soil.

It is the starting point, from which wonderful things will flourish. You will make new friends and the TOPS chapter will inspire and support you in your weight control plan. But, before we even plant the seeds for a new healthy garden, what is growing there? WEEDS. What are weeds to our garden? What kind of things are going to get in our way of good lifestyle changes? Anyone?

{Used board to write ideas down}

How about: no time, too hard, fresh veggies are too expensive, family members who sabotage, am in a wheelchair ,can't exercise, lactose intolerant, weather is too hot, too cold, its raining out, just too busy! And so on. We know all to well those weeds that get into our way of thinking... So what do we do to get that healthy garden?

SEEDS are the next thing we need. They are available in all shapes colors and sizes. We TOPS and KOPS are all different too. Most of us would not plant just one kind of flower or vegetable.

Variety is necessary and desirable. We need to encourage members to share all of those talents.

Plants also need FERTILIZER. What would be TOPS fertilizer? {used board again} Anyone? How

about: low membership fee, meeting each week, monthly magazine, incentive programs, recognition awards, fellowship, education, rallies to motivate, workshops, retreats, state recognition days, international days, our "Choice is Yours" book, our field staff, even a web site! There is a lot more fertilizer that we can use than weeds that are allowed to grow! Also, plants cannot put down roots and grow without WATER. They need water to live. A good chapter needs regular attendance of all its' members especially the master gardeners the KOPS.

They are needed to remind us that with a healthy diet and attitude important goals can be reached.

Like water each member is necessary. Like a garden a great TOPS chapter like ours needs gardeners. We need officers who care for these healthy gardens we are growing. Part of the joy of gardening is to try something new. During this year we are will be bringing some new ideas, lots of old faithful ideas. Let's all get our healthy gardens growing this year!

"A Pound Of Fat"

From: MTNDEW1555@aol.com

First before I type it out, let me explain. I put a pound of ugly chicken fat, or any ugly kind of fat I can get in a candy box or can. I close it up and ask everyone to open and look at it without making any commitment until it goes completely around the room. You should see their faces and what a discuss after this. While they are passing this around, I tell them they may have a no gain next week. Guess what, most of the time the chapters tell me they had only 1 peron to turtle or only 1 to gain. There has been a few with no gains the following week.

Eough of talking so here is the letter:

"I am Only One Pounds Of Fat"

Hello, TOPS Member,

Do you know me? If you don't you should. I'm a pound of fat, and I'm the happiest pound of fat that you would ever want to meet. Want to know why? It's because no one ever wants to lose me. I'm only one pound, just a pound of fat. Every one wants to lose 3,5,10,15 pounds, but never only one pound. So I just stick around and happily keep you fat. Then, I add to myself ever so slyly, so that you never seem to notice it, that is, until I've grown to 10, 20, 30, or even more pounds in weight.

Yes, it's fun being just a pound of fat, Left to do as I please. So, when you weigh in, keep right on saying, "Oh, I only lost one pound." (As if that were such a terrible thing). For you see, If you do this, you'll encourage your fellow members to keep me around because they'll think I'm not worth losing. And, I love being around you, your arms, legs, chin, hips, thighs, and every part of your body. For you see, " I'm Only One Pound Of Fat"
As you read this just act it out a little with expression.

Choice is Yours Program

created by Linda Custer, Ct 127, S. Windsor

(Dedicated to the memory of LEADERLIN@aol.com who wrote this program)

I take a few weeks food sheets from our treasurer and take and cut out a days worth of meals in strips. I cut off all identifying ids on it though first. Then I inform the members about two weeks ahead of the program to bring in the Choice is yours books on a certain date for a program on exchanges or calories. That night I have each person at the meeting pick out a strip of meals and a blank sheet of paper (I have also pasted the strips on the papers and just handed them out one to each member too). They are to take their book and figure out what exchanges are on the food sheet and how many, what ones are possibly missing off the sheet they got, then to rewrite the days meals on the blank sheet to make them healthier using their books. This gets them looking at their books and getting familiar with portion sizes and exchanges. My chapter likes to do this every once in awhile. Then when they are done, they are asked ot read what the original meals strip said, what they changed and any suggestions and usually leads to a good discussion.

The "I Can't" Funeral

Give members a sheet of paper and have them write all their "I Can'ts". EXAMPLES: "I can't lose weight ." "I can't exercise ." "I can't do a program ."

Give them 5-10 minute to think and write.

Members who wish can share what they write but only voluntarily.

instruct them to fold the papers in half and bring them to the

front. THave them place their "I Can't" statements into an empty shoe

box. . put the lid on the box, Get a shovel .

Find a place outside to dig a hole. if you meet somewhere where digging is a problem use a can for burning or just shred the paper and do ceremony indoors.

They were going to bury their "I Can'ts"!

Place The box of "I Can'ts"

position at the bottom of the hole and then quickly cover

with dirt. At this point Leader announces, Memebers , please join hands and bow your heads."

quickly forming a circle around the grave, creating a bond with their hands.

Leader deliveres the eulogy.

"TOPS Friends, we gathered here today to honor the memory of 'I

Can't.' While he was with us here on earth, he touched the lives

of everyone, some more than others. We have provided 'I Can't

with a final resting place and a headstone that contains his

epitaph. He is survived by his brothers and sisters, 'I Can',

'I Will', and 'I'm Going to Right Away'. They are not as well known as their famous relative and are certainly not as strong and powerful yet. Perhaps some day, with your help, they will make an even bigger mark on the world. May 'I Can't' rest in peace and may everyone present pick up their lives and move forward in his absence. ."

As part of the celebration, a large tombstone can be made from butcher paper. and write the words "I Can't" at the top and put RIP in the middle. The date was added at the bottom. The paper tombstone can hang in meeting every week as a reminder. .

Foods that Weigh

From: [G6240a](#)

Have a member bring in different foods weighing from 1/4# TO 20#. Have EACH one COME UP AND TELL HOW MUCH WE HAD LOST OR GAINED THIS WEEK AND THEN WHAT OUR TOTAL LOSE HAS BEEN. THEN SHE HAD US HOLD THAT AMOUNT IN OUR HANDS TO FEEL WHAT IT REALLY WAS WE HAD LOST.

EXPLAIN THAT WHEN WE SAY "I ONLY LOST 2#" THAT WHAT WE HAD REALLY DONE WAS LOST A BAG OF NOODLES FOR EXAMPLE. A 1/4# IS IN FACT, A STICK OF BUTTER.

I HAVE LOST 11# TOTAL SINCE WE STARTED 9 WEEKS AGO AND LET ME TELL YOU I'M GLAD THAT I'M NOT STILL CARRYING THAT AROUND. SHE THEN HAD US HOLD WHAT WE STILL NEED TO LOSE. WE ALL AGREED THAT WE WOULD NOT LIKE TO HAVE TO CARRY THAT AROUND ALL DAY. BUT IN FACT, WE ARE.

SO IF YOUR CHAPTER NEEDS AN EYE OPENER TYPE OF MEETING TRY THIS. IT MADE ALL OF US THINK ABOUT WHAT WE NEED TO BE DOING.

Backsliders

Here something you might like to pass along to your chapters. It's mostly pertains to backslidders [which is most of us] Here goes

Well, here I am, 250 pounds of pure happiness. Listen I have so much fun at TOPS, honey---the meetings are great, etc. Of course, I could have a lot more fun if I hadn't had to watch my weight, fill out food charts, listen to lectures. They're all right, I guess, but I've heard it all so many times before. Oh, I'm sorry, I forgot to introduce myself. But I'm sure you all know me. I've been in TOPS 4 or 5 years. They really should give me an award. I've lost enough weight to have a twin sister here beside me. I may weigh 10 pounds more than when I joined but I've certainly enjoyed myself. You know how it is -- sometimes I think the food just jumps on me. As the old saying goes: There's more of me to love. And those silly calorie charts we're supposed to keep --- I'm just too busy for that. Most of the time I fake it and fill them out at the end of the week. My husband can't understand why I don't lose -- He tells everyone I eat like a bird. Boy, can I give you some tips! You see, I eat very small meals, and then I sneak into the kitchen later and have a few snacks. The trick is to eat only quite foods like marshmallows, bread and peanut butter. I keep some goodies under the bed too. Remember, though potato chips or crackers won't work -- too noisy. My way, nobody will ever know but me. We do have ball in TOPS though. don't we? Oh, I know, I don't get to all the meetings, but you understand how busy life is. And I do have to leave right after weigh-in a lot of

the times to get to a banquet or party, but that's because of my husband's business. And then there are the holidays. Well the reason I don't come to meetings after those is because I know I gained weight. Hey remember that time I said I gained because I had company and one of you said, "What did you do, eat them?" That was so funny, I cried myself to sleep that night -- but I don't want to think about that. But seriously, folks, I'd be a better member if I weren't so busy. I'm really very lucky. I have a beautiful home, a terrifically understanding husband and four wonderful children. My husband is so good to me. We go out to eat fairly often. Of course, it's usually for business dinners and boy is there lots of good food at those business dinners. I'd like to do some sort of meaningful work outside my home, like at school for the kids. But the children say the school has more volunteers than it needs. I used to drive them to school and pick them up but now they tell me they'd rather walk because it's healthier. My son doesn't even want me to bother going to his ball games. He says I need that time to rest. He's so considerate. Sometimes, when I'm alone, I wonder if the children are just pushing me away because they are ashamed of my weight. But then I just sit down with some cake and coffee and tell myself that's ridiculous. You want to hear the sad truth? Deep down inside sometimes I just want to die. I'm so ashamed of my weakness that I not only kid myself, but I shut out the people who could help me..... TOPS members. I know you're all fed up with me and I don't blame you. I know what you thinking about me. How I should quit and make room for someone who will really try. How I stay home when I've gained and only come to meetings when I lose. Everything you're ever said about me, I've said to myself a million times. Finally it comes down to one thing --FEAR. I am so afraid to really commit myself to losing weight, because once I do, it will be up to me to get the job done. And I'm afraid I'm not enough of a person to handle it. I'm afraid to fail. PLEASE don't give up on me. I need you more than you'll every know. If I don't volunteer for jobs, appoint me. If I don't call during the week, call me. Please don't let me use all those silly excuses. Make me face the truth, don't humor me. Maybe knowing you have faith in me will give me the strength I need. Force me to be the kind of person I can be. Don't let me quit TOPS. Please help me make it -- one day at a time --- one meal at a time ---- a pound at a time. Just think how great it would be if I could go the next meeting and show a loss. More than anything on earth I want to stand onstage, in white, to receive my diploma as a KOPS. Are you this person? Are you this forgotten member? Do you need help? REMEMBER - Knowing what you want to be makes deciding what to do a lot easier. It's all up to you!

The SlimFast Diet

(From: BobbieRae@aol.com)

This program went over very well in my chapter. First we went around the room discussing all the fad and dangerous diets. The funny things we did and the dangerous ones showing why TOPS stresses "Sensible" Then I pulled out a unopened can of Slim Fast and a pie tin. I started reading the ingredients and as I did I poured a generous amt in the pie tin in order. Afterwards I passed it around to show what goes in the stomach of some one who indulges.

Recipe of Slim Fast: (Use your judgement as to amts)

Powdered milk

Sugar

Metamucil (for the fiber)

salt

oil

a one a day vitamin capsule

and a few drops of flavoring. (I used cherry but whatever you can get on hand)

I then let them know to complete it you would add 1 cup of water but Due to the mess I left out. Then told all to shake thoroughly . When they saw the mess they decided TOPS does it the right way.

Diet Tips

From: BReese4494

Write out a good diet tip (such as the TOPS TIP of the Day seen on this loop), or a picture of right choices for food, and then paste on some poster board. Cut into small puzzles and put into little baggies. Number off the members to correspond with number of puzzles you have (i.e., 6 puzzles or less). The groups then have to put together the puzzle. This could be used as a program in that you could have statements that could lead into a lengthy discussion. I also cut up a deck of card (one card cut into 2 sections ---zig zag or various shapes), and placed in a baggy. Each person had to draw a piece of card, and then find their partner. Before I cut the card into I pasted a typed "Tip of the Day" or some other type of diet information, and they had to find the card that matched their card. Another mixer I learned at a retreat..... give everyone a list of things typed or written on a paper such as.....

- 1) someone who has been in TOPS 10 years +
- 2) someone who has been a Leader.
- 3) someone who is a 5 yr KOPS
- 4) someone who lost more than 25 lbs.
- 5) someone who brought their Monograph to meeting.
- 6) someone who is a charter member of the chapter
- 7) someone who is less than 5 ft. 3 in. tall.
- 8) someone who drives a Chevrolet
- 9) someone who likes crafts as a hobby
- 10) someone who has 5 children
- 11) someone who has been to a retreat
- 12) someone who has been to IRD

I don't have my list but you can just make up a lot of statements, and they have so long to find out the answers. Then you can ask after 5 min. or so if anyone completed list. Give prize (optional).

This is a good mixer and fun too!

FINDING THE MAGIC

written by: TOM_SEMAN@prodigy.net

When it comes to weight loss most people want MAGIC..... The answer to all of our weight problems... can be found in a pill, or a simple book, or a piece of exercise equipment that costs \$19.95. Unfortunately that magic does not exist. However there is some MAGIC... No not a chemical concoction or piece of stretchy rubber although they may be useful tools. What is the magic? Before we answer that lets decide what it takes to lose weight?

Psychologists tell us there are 3 parts to weight loss.... Do you know what they are?? You should know the first 2.

FOOD EXERCISE

MOTIVATION

Want to lose weight? well eat less and exercise more. That's it!

The MAGIC of weight loss is MOTIVATION that is the key, and it is in you!

Do you have Motivation? Sure you do or you would not be here.....

Being successful at weight loss, or anything for that matter, requires a combination of knowledge, motivation, and skills. Knowing what to do and having the skills to do them is one thing but if you do not find your motivation, all the knowledge and skills in the world will not help you.

DO YOU HAVE THE COURAGE TO CHANGE?

Change is difficult. We get entrenched in our habits and we are reluctant to change them. We are also programmed either by habit or genetics or a combination of both, to seek out unhealthy food choices, less active pursuits and more stressful lives. We need motivation to change.

Psychologists have come up with a 5 stage model of MOTIVATION:

- 1 Pre contemplation: In this stage through either ignorance or denial you don't think about change. A typical thought in this stage is "There is nothing wrong with my weight".
- 2 Contemplation: In this stage you become aware of the problem and begin to consider change but you do not take any action yet. "I could lose a few pounds, but this is not the time for me to do it".
- 3 Preparedness: Now you are ready for change and are preparing to take action. "I had better start going to my TOPS chapter meetings".
- 4 Action: Now you are committed to taking steps and beginning a program. "Here I am walking with my chapters walking team".
- 5 Maintenance: Having established a program you keep it going, "I know this works, so I will keep it going".

BORING, BORING, BORING, Sorry but we need to understand some of the basics, so we know how it affects us.

NOW THE BIG QUESTION. What can you do to move from one stage to another?

People change when they experience a conflict in their values, attitudes, or behavior.

Example: A woman was carpooling some boys to a baseball game and eating a candy bar while driving, one of the boys said, "My mom quit eating candy bars because she was getting too fat". Gee a conflict of values? A light bulb moment? Time for an attitude change?

HOW DO I GROW MY MOTIVATION TO LOSE WEIGHT?

First examine your reasons, just why do you want to lose weight?

- To look better.
- So my clothes fit better
- To be healthier
- So I could tie my shoes
- So I can see my feet

What is your main reason????

Now that you know the reason you can use.

THE POWER OF IMAGERY

First lets use some negative imagery to help reinforce our reasons for losing weight.

What negative images can you conjure up?

- Clothes fit bad
- People stare at me
- I have no energy
- I feel ugly
- I get no respect
- I cannot sit in a booth in a restaurant
- I need seat belt extenders on an airplane

Close your eyes for a moment, picture a negative image of yourself like you weighted 50 pounds more than you do right now!!

WOW THAT IS BAD, isn't it.

OK, Now lets find some positive images of what we want to happen when we reach our goal weight.

- Smaller sized clothes
- wear bathing suits
- wear shorts
- wear sleeveless blouses
- Be able to buy clothes anywhere at any store
- Be given compliments
- Live a longer life
- Be healthier

Now close your eyes and picture a slender skinny you.....

A LOT better picture isn't it?? Are you motivated yet??

In addition to imagery we can use POSITIVE AFFIRMATIONS to help us:

- Eating fat food, will ruin your mood
- Extra dressing, Becomes depressing
- Get more active to be attractive
- Don't ruin your waist for a small cookie taste
- Eat too many fries, you'll be oversize
- Not eating light, Makes your clothes tight
- Lots of batter, Will make you fatter
- Arteries go splat!, When you fill them with fat
- Constant fat snacks, give heart attacks
- Energies abound, when you move around
- Walk a bit quicker, to train the old ticker
- I don't need perfection, to like my reflection

They don't have to rhyme make up your own or use one of these.

Now post them where you can see them...

On your organizer

On your bathroom mirror

On your dashboard

On your refrigerator

On your Telephone

On Your Television

On your computer

On your desk

On your checkbook

On your weighing scales

On your kitchen stove

On the back of your hand

On your toothbrush

Your challenge for this week is to make 3 signs with a positive affirmation on them and post them where you will see them every day!

The use of imagery and affirmations will boost your motivation and as you just learned motivation is 50% of the weight loss equation.

GOOD LUCK and remember
YOU HAVE ONLY ONE POUND TO LOSE, THE NEXT ONE!

People Bingo

From: rebecca-m@insightbb.com

There are 20 squares on a piece of paper and in each square there were things like "been a member for 10 or more years", "Loves to do crafts", "Has Blue Eyes", "Owns a truck", "Keeps a food diary", "exercises daily" etc. Each member is given a sheet and then told to go around and find members who fit the square. For example, Leonard owns a truck so if you went up and asked him he would sign his name on your paper in that square. Once someone has all the squares filled in with members names, they yell BINGO! Then we played BINGO! with our cards. Each member's name was in a hat and was pulled out. For example, if Mary was pulled out, we all marked a big X through all the boxes that contained Mary's name. The first person to have an X vertically or horizontally yelled BINGO! To make this a little more challenging, we HAD to use each present member once and due to lack of attendance, we were allowed to use 6 member's names twice. Our prizes were pansies. This meeting was a blast for we got to know so much more about each other and it made us mingle. I've tried to make this clear as mud so if you have any questions just drop me a line and I'll do my best to answer them.

From: nbdoolley@cbpu.com (Nan)

"I took empty bottles of some over the counter diet pills(all outdated stock they emptied, and gave to me by a little private owned pharmacy). Plus a couple cans of Slim Fast, Dr. Atkins' book, and a few other diet books I have, and made up a display of these fads on a table. Made it look really neat and attractive with a bowl of silk flowers in the center. Then I cut pictures from magazines of healthy foods, put them on a poster board with a food diary, a TOPS Weight Record book, and a larger picture of a scales. Then below it set a "The Choice Is Yours" book, with a bowl of fruit in the center, all on another table set side by side. Then I read this:

Fad diets, there are so many out there that it is hard to know which will really work and which won't. Or do any of them really work at all?

From TV ads for pills, belts, pants, and wraps that all promise fast, miracle weight loss without even trying, to commercial weight loss programs, Americans are under siege to try gimmicks because we are as a population so over weight, and so willing to spend money to get it off FAST!

There is no fast cure for losing weight!

Some of the many well known commercial programs are: Jenny Craig, or Diet Centers, where you have to buy their foods in order to lose or Weight Watchers, a very good program but all of them very costly!

Also out there are the Atkin's, The Zone, Sugar Busters, all low carbohydrate and can be very dangerous. "There's no question that people lose weight," says Marion Nestle, chairwoman of New York University's Department of Nutrition and Food studies, "because it's a low-calorie diet."

And, she says, everybody in the field already knows that when people lose weight, no matter how they do it, they improve the levels of cholesterol and other blood products that can be harbingers for cardiovascular disease.

"The real concern with this kind of diet," says Barbara Rolls, a professor of nutrition at Penn State University, "has always been its long-term effects." Then once you start adding carbs back into your diet, your weight goes up.

In addition, the lack of carbohydrates in this diet causes its own health risks. Such diets prompt the body to make ketones, chemicals like the ones found in nail-polish remover. The body flushes these ketones out and loses sodium and potassium in the process, which can lead to dehydration and abnormal heart rhythms. Doctors have also voiced concerns about the long-term effects of the diet on the kidneys and bones.

OK, so Atkins' and all the other low carb diets may not be a good long-term bet. How about just trying it for a little while to lose weight and then going back to healthier eating habits?

Rolls pooh-poohs that idea as well, because the weight will probably go right back on. She says studies have shown that people have much more success maintaining a weight loss when it is gradual — or, as you learned in kindergarten, slow and steady wins the race.

AND, Just go into any store and you will find rows of diet bars, diet drinks and diet pills!!!! Slim Fast, with all the vitamins and minerals your suppose to need, or the "Cyclone Diet Drink" that you can lose 10 pounds in 24 hours, but try to get through the day with just liquids and not over eat later in the day! Metabolife, Fat Burners, Chromium Picolinate, Dexatrim, all to reduce fat and curb hunger! Doctors prescribe pills to almost anyone with the money to buy them, like Fastems and Xenical available now. Then there was Phen Fen, widely prescribed, only to find now how dangerous it was, and since taken off the market because of heart valve problems.

We can and do spend millions to get slim and trim, only to re-gain all the weight lost, and sometimes more, or find we have spent foolishly! Not counting how unhealthy so many of the products we try are. I've mentioned only a few of the gimmicks out there, but all of us have been bombarded with these schemes.

You get right down to the nitty-gritty the only way your going to lose weight is to eat healthy & sensibly. Watch your portion sizes, & calories. If you work the Exchange plan you are in the long run watching sizes, and calories as well as fat. But work at it, what ever you do work at it!! Work at keeping your portions under control, work at eating more fruits, vegetables, and less breads, pastas, and red meats. Learn new low fat, low calorie food preparation, try new foods you have never ate before. This does not have to be a bad experience! Make this journey in weight loss enjoyable and fun, but save your money and stay away from the fad diets, that will harm you or hit you hard in the pocket book! It will take time to lose the weight, but you can do this with just a little effort everyday, every hour!!!