

Being fit and at a healthy weight is a conscious choice and dictates daily decisions. We know that obesity and overweight is genetically possible and made probable by our environment and our choices. With choices we need to consider what cues us to make those choices. An example is understanding our satiation point, or a point of adequate fullness, and satisfaction with a meal. Those with weight problems have often lost this ability and must regain it. In doing so, it is helpful to develop a positive cue which signals that a meal is complete, such as a cup of hot tea, brushing one's teeth, chewing a stick of gum, moving away from the dining table or taking a leisurely (digestive) walk. The more often one practices such behaviors, the more natural it begins to feel and the likelihood it will become habit is greater. Also important in this realm is **choosing** foods that nourish the body and satisfy hunger, both psychological as well as physical hunger. Foods which are loaded with nutrients AND flavor will do that. Flavor needs are satisfied when we get the 5 taste sensations covered. Those are sour, salty, sweet, bitter, and umami. The more of those in a meal, the more satisfied and satiated we are, & can **choose a smaller portion**. The following recipe is a perfect example of ample flavors to meet taste sensations and nutritionally loaded.

Lentil & Rice Salad

2 cups cooked green Lentils	½ cup Kalamata olives chopped
2 cups cooked brown rice	¼ tsp. savory
½ med red onion chopped & rinsed	DRESSING:
1 cup zucchini or yellow squash peeled & chopped	¼ cup Avocado oil
3 radishes chopped	3 Tlb. balsamic vinegar

Mix first 7 ingredients in a bowl (lentils through savory). Combine oil and vinegar in a small jar, cover and shake to mix. Pour over lentil rice mixture and toss well. Serves: 6-8

For more information & recipes, contact Healthy Directions of Poway 858-335-2140
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