

It's no secret that we are always looking for a quick fix when it comes to losing weight. First, low-fat diets were the rage, now carbohydrates are public enemy #1 as millions of Americans turn to low-carb lifestyles.

But, is a low-carb diet the healthiest way to eat and lose weight? The American Council on Exercise (ACE), America's non-profit fitness advocate, recommends a solid balance between eating individual-sized portions of a wide variety of foods and regular exercise to achieve optimal health benefits, including weight loss.

America is missing the point. The foundation of a healthy diet should be based upon eating a wide variety of fruits, vegetables and whole grains. Moderate amounts of low-fat protein sources and dairy products should be consumed as the next tier of a healthy diet. Finally, sweets, refined grains and fats should be consumed sparingly.

"Individuals need to understand that healthy carbs such as vegetables, fruits, beans and whole grains (eaten in proper amounts) are essential components of a well-balanced diet," said Dr. Cedric Bryant, chief exercise

physiologist for the American Council on Exercise. "The consumption of these healthy carbs has been linked to a reduced risk of heart disease, certain types of cancer and a number of other chronic ailments." Certified Personal Trainer, Doug Sheppard of J & D Fitness explains, "As a fitness trainer it's been my observation that when people dive into the low carb frenzy they relate that their energy levels are really low, they feel like a wet dish-rag. They

have difficulty getting through a workout, and more importantly their life. I tell people to treat their body like a Ferrari. You wouldn't put cheap gas in this fine automobile. Nutrient dense carbs, rich in fiber and starch are the fuel!"

the answer is simple,
balanced nutrition,
portion control,
and regular exercise

Here are a few friendly tips on how to eat sensible portions while working your way toward your weight loss goal.

1. Use your hand - One fist equals a medium-size piece of fruit and your palm, minus fingers, equals three ounces of meat, fish or poultry.
2. Thumb as your guide - The length of your thumb equals one ounce of meat or cheese and the tip of your thumb measures one tablespoon.

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3. In addition to eating sensibly, begin a fitness program with exercises you find comfortable and build as your body becomes accustomed to the activity level. Don't start out too hard or too fast. Chances are you may injure yourself or quit before you've done yourself much good.

Remember, you can't lose weight overnight. Set a realistic weight-loss goal for yourself - one to two pounds a week - eat healthy and get going on a program of regular physical activity...you will be surprised by what you accomplish.

Seared Herb-Crusted Halibut

With Sautéed Baby Spring Vegetables,
Minted Pea Sauce, and Aged Balsamic

Healthful Recipe Written By **Jill L. Shapiro** of Healthy Palate Consulting.

Ingredients:

Chicken (or vegetable) Broth, preferably low sodium
Four 6-ounce Halibut Fillets
1 Large Garlic Clove
Zest of 1/2 Lemon- minced
Fresh Mixed Herbs for crusting fish (such as Parsley, Thyme, Mint, Basil) - finely chopped to yield 1/2 cup
2/3 cup Fresh Green Peas
1/2 bunch Fresh Mint, chopped
3-4 sprigs Fresh Thyme
3 Scallions, sliced
Sea Salt & Freshly Ground Pepper
2 Tbsp. plus 2 tsp. Extra Virgin Olive Oil, plus extra for drizzling
Aged Balsamic Vinegar (15 year aged or older)
8-10 small New Potatoes, Fingerling Potatoes, or a mixture of both- scrubbed
1 Bunch Baby Carrots
Large Handful each of French Beans ("Haricot Verts") and Patty Pan Squash
*Yields Four Servings

Cooking Procedure:

Make Pea Sauce:

Place peas in a small saucepan and add enough broth to cover, and bring to a boil. Reduce heat and cook for approximately 3 minutes until the peas are bright green and tender. Place pea mixture in a blender then add scallions, 1/2 bunch fresh mint, half of the minced lemon zest, a drizzle of olive oil and salt and pepper to taste. Puree on high speed, adding more broth if mixture gets too thick. Strain mixture back into saucepan, using a fine mesh strainer, pressing down on the solids. Cover and set aside.

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Wine Pairing Suggestion

2001 Chateau la Nerth from the Chateauneuf-du-Pape. The classic varietals used for this wine are Clairette, Roussanne, Grenache Blanc, and Bourboulenc, resulting in an aromatic wine with crisp acidity and fruity undertones. The flavors pair exceptionally well with the herbaceous Halibut and creamy pea sauce.

By **Jill L. Shapiro** of
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