

GRAND RAPIDS AFRICAN AMERICAN HEALTH INSTITUTE (GRAAHI)

~TOP 40 SUMMER-SAVVY SURVIVAL TIPS~

DEVELOPED BY TRACY BOOTH, REGISTERED DIETITIAN

- 1) HAVE LARGER MEALS FOR LUNCH AND LIGHT MEALS IN THE EVENING
- 2) DO NOT EAT A FULL MEAL AFTER 7PM
- 3) STOP BUYING GADGETS THAT DO THE HARD WORK FOR YOU (I-ROBOT)
- 4) STOP HIRING PEOPLE TO DO THE HARD WORK FOR YOU (MAID)
- 5) **PURCHASE A CROCK-POT OR TWO TODAY:** IF MEALS ARE READY FOR YOU WHEN YOU GET HOME YOU ARE LESS LIKELY TO EAT OUT
- 6) **FREE UP YOUR WEEK-**COOK YOUR MAIN DISHES AT THE BEGINNING OF THE WEEK AND YOUR SIDES IN THAT CROCK-POT/MICROWAVE
- 7) **THIS IS THE SEASON FOR:** BERRIES, CHERRIES, APRICOTS, FIGS, GRAPES, MANGOES, MELONS, NECTARINES, PEACHES, PLUMS, WATERMELONS, TOMATOES
- 8) **THIS IS ALSO THE SEASON FOR:** ASPARAGUS, GREEN BEANS/SNAP BEANS, CARROTS, CABBAGE, BROCCOLI, CAULIFLOWER, CELERY, SWEET CORN, CUCUMBERS, GREENS AND GREEN LETTUCE (EX. ROMAINE), GREEN ONIONS, GREEN PEAS, GREEN PEPPERS, SPINACH, SUMMER SQUASH; THE FRESHER THE FRUIT OR VEGETABLE THE HIGHER THE FIBER
- 9) **TIME-SAVER:** ORDER A SALAD BAR TO GO AND FILL YOUR CONTAINER UP WITH VEGETABLES YOU CAN STIR FRY AND SERVE WITH A MEAT, FISH OR POULTRY OR TRY STIR-FRIED VEGGIES OVER LETTUCE AS A SALAD
- 10) **ADD A LITTLE SPICE TO YOUR LIFE:** THE FRESHER THE HERB/SPICE THE BETTER THE TASTE; MAKE A POINT TO PURCHASE A DIFFERENT HERB EACH GROCERY STORE TRIP
- 11) ADD SALT AND PEPPER AT END OF COOKING PROCESS-IT WAS NEVER MEANT FOR THE BEGINNING
- 12) **A QUICK SPICE RECIPE FOR SEAFOOD:** REMEMBER 2,2,2,1 (2 TBSP EACH OF TOASTED SESAME SEEDS, DILL WEED, AND PAPRIKA AND 1 TBSP OF GARLIC POWDER)
- 13) KEEP FRESH LEMON (ALSO A SEASONING) IN YOUR REFRIGERATOR- DRIZZLE OVER YOUR COOKED FOODS I.E. VEGETABLES, FISH
- 14) **LIMIT YOUR TIME STANDING OVER THE GRILL:** CHARCOAL GRILLING IS LINKED TO CANCER

- 15) **READ A LABEL:** CHANCES ARE YOU ARE NOT GETTING WHAT YOU THINK (THE MANUFACTURERS INTENT IS TO MISLEAD YOU)
- 16) **TRY A SMOOTHIE FOR BREAKFAST:** FRESH FRUIT OF YOUR CHOICE, LOW CAL YOGURT, MILK, AND ICE CUBES BLENDED TO DESIRED CONSISTENCY
- 17) TOP IT OFF WITH SOME HIGH FIBER CEREAL
- 18) START EATING LIKE A DIABETIC AND YOU DECREASE OR PROLONG YOUR CHANCE OF BECOMING DIABETIC-START YOUR DAY OFF WITH BREAKFAST
- 19) CUT BACK ON CARBS **THIS DOES NOT** MEAN LOAD UP ON PROTEINS AND SMALLER, FREQUENT MEALS
- 20) HIGH PROTEIN IS NOT YOUR KIDNEY'S FRIEND
- 21) A DIET RICH IN OMEGA 3 MAY BE YOUR HEART'S FRIEND-ADD FISH TO YOUR WEEKLY MEAL PLANNING AT LEAST 2-3 TIMES A WEEK
- 22) EVEN FRIED FISH ONCE A WEEK OUTWEIGHS NOT HAVING IT AT ALL (THIS IS NOT AN INVITATION TO EAT FRIED FISH 3 TIMES A WEEK AND REMEMBER PORTION CONTROL IS THE KEY)
- 23) **FISH FACT:** FISH HAS LESS CONNECTIVE TISSUE THAN OTHER MEATS AND THEREFORE TRAVELS THROUGH YOUR DIGESTIVE SYSTEM GIVING IT LESS TIME TO SIT AND STORE ITSELF AS FAT UNLIKE OTHER MEATS
- 24) **QUICK, EASY AND TASTY TUNA CEVICHE (PRONOUNCED SE-VEE-CHEE)**
: 10 OZ CAN TUNA (OIL IS OK), 1 MEDIUM TOMATO, 1 SMALL ONION, 1 LARGE JALAPENO, SALT & CILANTRO TO TASTE (REALLY NOT NECESSARY) SQUEEZE LIME JUICE OVER IT; SERVE WITH CRACKERS; I USED TUNA. HOT SALSA AND LIME WITH JUST AS GOOD RESULTS
- 25) **DON'T LIKE FISH:** FLAXSEED (FLAKES, OIL) BLENDS IN MOST RECIPES UNDETECTABLE
- 26) **GO ORGANIC:** IF THE GROWTH HORMONES USED TO PUMP UP OUR CHICKENS AND COWS THEN IT'S PUMPING YOU UP TOO!
- 27) **PORTION OUT YOUR FOOD:** USE SMALLER PLATES, SMALLER CUPS, SMALLER SERVING UTENSILS
- 28) **DISH FRUIT UP AS A DESSERT WITH MEALS:** TOP IT OFF WITH WHIPPED TOPPING; ADD IT IN YOUR ICE CREAM BOWL
- 29) IF YOUR CHILDREN/GRANDCHILDREN GROW UP WITH DRIED FRUIT IN THE CANDY BOWL INSTEAD OF CANDY THAT'S WHAT THEY WILL THINK IT IS FOR

- 30) **SPEAKING OF GRANDPARENTS:** YOUR GRANDCHILDREN WILL REMEMBER SPECIAL TIMES TOGETHER EVEN IF THEY AREN'T ASSOCIATED WITH MCDONALDS; SCHEDULE ACTIVITIES AWAY FROM FOOD
- 31) **EAT AS A FAMILY:** HOW CAN YOU TEACH THE NEXT GENERATION IF YOU AREN'T SITTING AND TALKING TO THE NEXT GENERATION; TURN OFF THE TV; AND SIT AT A TABLE SO YOUR KIDS WILL LEARN TO SIT DOWN AND EAT INSTEAD OF STANDING UP AT A COUNTER AND EATING (HOW MANY OF US DO THAT??)
- 32) EAT AS A FAMILY SO YOUR FAMILY WON'T THINK YOUR KITCHEN IS OPEN 24 HOURS
- 33) **SINGLE FOLK:** STOP EATING IN FRONT OF THE TV, EAT AT A TABLE, DON'T EAT ON THE RUN, ALWAYS HAVE PLACE-SETTINGS SET SO IT IS MORE INVITING AND SO IT WON'T BECOME A DUMPING GROUND FOR CLUTTER
- 34) TRY SPLITTING A MEAL WHEN YOU GO OUT TO EAT; APPETIZERS ARE OK AS A MEAL YOU WON'T BE BREAKING THE EATING OUT CODE OF ETHICS
- 35) **DINNER OUT:** ASK THEM TO WRAP UP ½ YOUR FOOD BEFORE YOUR MEAL COMES (IF SELF-CONTROL IS A CONCERN ASK THEM TO BRING IT WHEN THEY BRING THE CHECK)
- 36) **MAKE A BUDGET FOR DINING OUT:** IF IT'S NOT IN THE BUDGET DON'T DO IT (WILL SAVE YOU MONEY AND CALORIES)
- 37) **NEWS ALERT:** ALL OF YOUR FAST FOOD RESTAURANTS SELL SALADS NOW AND EVEN WITH THE DRESSING OF YOUR CHOICE ITS STILL LESS CALORIES THAN THAT WHOPPER COMBO
- 38) **HEALTHIER LIFE-STYLE CAN START WITH GOOD ETIQUETTE:** YOU NEVER FILL YOUR PLATE UP, YOU NEVER FILL YOUR CUP UP, YOU PUT YOUR UTENSILS DOWN BETWEEN BITES OF FOOD, YOU NEVER TALK AND CHEW AT THE SAME TIME AND YOU NEVER PUT ANYTHING IN YOUR MOUTH IF SOMETHING IS ALREADY IN THERE!
- 39) **FOOD FOR THOUGHT:** YOUR STOMACH DOES NOT SHRINK WHEN YOU EAT LESS, BUT IT STRETCHES LESS WHEN YOU EAT LESS, AND THEREFORE TAKES LESS TO FILL YOU UP
- 40) **HOW DO I ACHIEVE THAT STOMACH STRETCHING PHENOMENON:** FOLLOW STEPS 1-39

THESE ARE GRAAHI'S TOP 40 SURVIVAL TIPS TO JUMP START YOUR SUMMER FOR A LIFELONG CHANGE, TRY IT IF YOU DARE