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DATE: September 09, 04 L20

Clarksburg WV

WEEKLY MEETING:

**FIRST BAPTIST CHURCH NUTTER FORT
219 Maryland Avenue**

AGENDA – THURSDAY Sept 09, 2004

- 1. 5:00 Exercise**
- 2. 6:00 Stress Management**
- 3. 7:00 Group**
- 5. 7:30 Dinner POTLUCK**

EDITORIAL: Reversal Diet Food

Guidelines. Let's review our basic diet guidelines. Sometimes the servings may slip away as in my case with sweets. My personal daily battle and not the one I thought would tempt me. These are only some of the foods, with the servings being the important issue. During the last few years we have found many foods, and different ways to prepare them that have produced great meals for our lifestyle, and in many cases alternatives for our family and friends.

Sweets: 0-2 servings, one serving = ½ cup fat free frozen yogurt, 1 Tbsp. jelly, syrup, or honey, ½ cup fat free pudding.

Dairy 0-2 servings, one serving = 1 cup skim milk, 1 oz. fat free cream cheese.

Vegetables: 3 or more servings. One serving = 1 cup raw vegetables, ½ cup cooked vegetables, ½ cup vegetable juice.

Grains: 6 or more servings Minimum of 6 whole grain servings each day. One serving = ½ cup cooked grains, 1 slice bread, ½ small bagel, ½ cup whole wheat pasta.

Fruit: 2-4 servings, one serving 1 medium piece of fruit, ½ cup fruit juice.

Protein: 2-4 servings, one serving = ½ cup cooked beans, legumes and peas, ½ cup tofu, 1 cup soymilk, 1 fat-free vegetarian burger.

Alcohol: 0-1 serving, one serving = 1.5 oz liquor, 4 oz. wine.

SDC: Modality adherence is looking better keep up the good work. September 23, the Morgantown SDC will join us for our complete Thursday meeting and potluck. Join us for a great evening with new friends.

Adherence results last week:

MODALITY	RESULTS
Exercise	92.6
Diet	92.2
Stress Management	71
Group Support	100
Out Side Group Support	88.2
Not Attending Group	9
Number of Inputs	17

RECIPES: Turbo Pan Pizza

From the Kitchen of Vicki D'Amico

Dough:

- 1 cup of whole wheat flour
- 1 package of dry yeast
- 1 teaspoon of sugar, ½ teaspoon salt
- ½ cup hot tap water
- 1 tablespoon applesauce or other oil substitute

Prepare dough, let stand 5 minutes. Knead on a floured board. Divide into two pieces and roll in to circles. Set aside for later.

Main ingredients: Toppings: Mushrooms, onions, peppers (or any veggies of your choice) Nonfat mozzarella cheese, nonfat parmesan cheese, 2 tablespoons water

Sauce: Can tomato sauce

½ teaspoon oregano, ½ teaspoon basil

½ teaspoon garlic powder

Cook veggies in 2 teaspoons of water – 4 minutes. Add sauce and seasonings. Cook 1 minute. Remove from pan. Clean pan and add dough and cook 4 minutes. Turn and add half the sauce. Top with cheese. Cover and cook 4 minutes. Makes 2-8 inch pizzas.