

# Down a Pound

## NEWSletter

### Special points of Interest

- Water and weight loss
- Recipe of the week

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## Water and Weight Loss: 3 Golden Tips

There are countless amounts of conflicting information when it comes to weight loss, however one thing has always been consistent – drinking water will help you lose weight. The main reason? Water fills you up with a zero calorie substance which helps to suppress the appetite. Water also helps your weight loss efforts by increasing your metabolism.

### Golden Tip #1: Drink Plenty of Water

Your body needs a whole lot of water for its daily functions. Water also prevents you from being dehydrated, *which is the #1 cause of daytime fatigue*. By the time you feel thirsty, your body has already lost 1% of its total water amount. On top of the energizing benefits of water, it also flushes all toxins and any harmful bacteria out of your body, and makes you feel healthier and better. *How much water should you drink?* For the average person: multiply your weight (in lbs.) by 0.50, and you'll get your daily required consumption on ounces. For more active people: multiply your

weight (in lbs.) by 0.66, and you'll get your daily required daily consumption in ounces.

**DaP Tip:** Next time you're hungry drink water first. You may realize that you

avoid dehydration, but it also serves as a stimulant and lubricant for the digestive juices in your body. Digestive problems, such as constipation, are often a direct result of dehydration.



**DaP Tip:** If you must have your regular cup of coffee, it is recommended you take as much water in correspondence to how much coffee you drink. This is to counteract the diuretic effect.

### Golden Tip #3: Drink Water Before Meals

Drinking water before meals is a great way to use water as a weight loss aid. Virginia Tech conducted a study in which 48 adults were split into two groups. The first group was instructed to drink 16 ounces of water before each meal and the other group was instructed not to. The group that drank two glasses of water prior to meals at 75-90 fewer calories at each meal without even realizing it, and lost 5 pounds more weight over the 12 week study than those who did not consume water before.

weren't hungry in the first place, just dehydrated. Of course, water here does not include soda or juices, just plain water.

### Golden Tip #2: Drink Water As Soon As You Wake Up

Drinking water is the first thing you should do in the morning. It will not only

## Additional Benefits of Drinking Enough Water:

- As long as you maintain the proper amount of water intake, your chance of ever having a heart attack will reduce by 45%.
- Water naturally moisturizes your skin, to give it a healthy glowing appearance.
- Headaches can originate by lack of water intake. This is because the body resorts to the water in your brain.
- Drinking plenty of water will lead to better productivity at work. Your brain is made up mostly of water, thus drinking water helps you concentrate and think better.
- Drinking water regulates your body temperature. Drinking plenty of water will improve your exercise performance because you'll feel more energetic when doing exercises and water helps fuel your muscle.

## Recipe of the week: Chicken Caesar Salad

This protein rich chicken Caesar salad is a great substitute for traditional restaurant Caesar salads, which can pack over 1,000 calories per serving!

### INGREDIENTS:

#### For the salad

8 ounces chicken breast, skinless  
Olive oil to brush onto the chicken and on the toast  
4 thin (melba thin) slices baguette on the diagonal  
1/2 medium garlic clove  
2 heads baby romaine lettuce  
1 large, free-range egg  
One handful of arugula and mustard cress  
2 tablespoons finely grated Parmesan  
1 tablespoon sunflower seeds

#### For the dressing

2 tablespoons fat-free Greek yogurt  
1/2 garlic clove  
1 teaspoon Dijon mustard  
1 teaspoon malt vinegar  
1 tablespoon olive oil  
Salt and black pepper  
2 Servings

1. Preheat oven to 350 degrees. Brush the chicken with a little olive oil. On a hot grill pan, sear the chicken breast for 4 to 5 minutes before flipping over and doing the

same on the other side.

2. While the chicken is searing, prepare the baguette toasts. Slice the baguette on the



diagonal and place on a baking sheet. Brush on a little olive oil. Toast the bread for about 10 minutes, until crisp. Rub with the garlic clove.

3. Once you have strong grill marks over the chicken breast on both sides, cover your pan with foil and place into the hot oven on the higher shelf for 15 minutes. Meanwhile, wash the lettuce and spin dry.

Carefully drop the egg in boiling water and boil for 5 minutes exactly. Empty the boiling water out of the pan and replace it with cold water. Let the egg stand in the cold water while

you finish the recipe.

4. To make the dressing, combine all the ingredients into a small mixing bowl and stir together with a whisk. Taste and season before setting aside.
5. Put the washed and dried salad leaves into a big bowl with the dressing. Toss for a couple of minutes to make sure that all the leaves are coated. Add the shaved/grated Parmesan and arugula. Toss once again.
6. Remove the chicken from the oven and let it cool down enough to handle before slicing on the diagonal.
7. Plate up the salad, making sure that the chicken is evenly distributed. Tuck the crispy baguette toasts on the side of the salad and add half the soft-boiled egg. Finally, grind over some black pepper, scatter the sunflower seeds, and serve.

*Calories: 468 Fat: 19g Carbohydrates: 35g Dietary Fiber: 2g Protein: 37.5g*