



Hi Viva Members!

This week I'm writing to you on a topic that seems to be becoming worse as today's lifestyles become more & more fast paced. Hectic schedules, deadlines, constant pressure to be somewhere, all seem to contribute to "speed eating"!

Quickly plowing through your meals until your meter hits "full" can easily lead to extra pounds. (Maybe it already has?)

Rush-Hour Power

In a recent study, two factors were strong predictors of weight gain. The first, no surprise, was how much people ate. The second? How quickly they ate. Speedy eaters in the study who typically ate until they felt full were 3 times more likely to be overweight than people who ate at a more leisurely pace. Speed demons also consistently consume more calories overall.

Eat in the Moment

Here are a few tricks to help you slow down and enjoy your meals more: Keep distractions to a minimum so you can focus on your food. Serve small portions. You can have seconds or eat more later if you're hungry again. Stay tuned in to each bite. Here's what I mean by that. Take a couple of sips of water between bites. (Could you be thirsty, not hungry?) Give yourself plenty of time to feel full. It will take 20 minutes for your satisfied stomach to send a signal to your brain. Aim for three-quarters full

instead of stuffed. Make a point of placing your knife and fork down after every mouthful, savour each mouthful and enjoy your meal (such as this yummy stew) . . . SLOWLY!

BEEF "HONEST TO GOODNESS" STEW

Serves: 5

Ingredients:

500 g steak, trimmed and cut into 3 cm cubes

2 tablespoons plain flour

2 onions, finely chopped

1 stalk celery, sliced

2 cloves garlic, finely chopped

1/2 teaspoon fennel seeds finely grated zest and sliced flesh of

2 oranges

1 tablespoon balsamic vinegar

1 cinnamon stick

1 cup red wine

1 cup water

1 large sweet potato, cut into chunks

1 cup cooked or canned beans, such as cannellini beans, drained

2 tablespoons chopped parsley, to garnish pepper, to taste

Method:

1. Preheat the oven to 170°C. Toss the meat in the flour, season with the pepper and place in an ovenproof dish.

2. Add the remaining ingredients except for the beans and parsley. Cover with a tight-fitting lid and cook in the preheated oven until the meat is tender, about 2 hours.

3. Add the beans for the last 10 minutes of cooking. Sprinkle with parsley before serving.

A stew is usually cooked on top of the stove but if you cook it in the oven in a tightly covered casserole you will find the result is particularly tender. One of the secrets is to use a casserole that is only just big enough to contain the ingredients - this allows for good flavour development and none of the juices will evaporate. Use a tight-fitting lid to cover or place a layer of foil before you put the lid on. This dish is almost a meal in one and only needs a green vegetable such as lightly cooked green beans or peas for balance.

Make it happen.

Dion Mychalyn Club Champion

PUSH_Founder