



From the Heart ~ Carole Lewis

I don't know about you, but I love every opportunity for new beginnings. I love Mondays, the start of a new month and even the beginning of a new school year. My very favorite new beginning is the New Year because it is a clean slate, a fresh start and another chance to do better.



Our theme for the 2012-2013 year is *Live Life*. My goal in writing *Live Life Right Here, Right Now* was to convey that today may be all we have. Life is uncertain and we must do things that will propel us forward right here, right now.

All of us reeled in shock and grief over the senseless killings of six adults and 20 children in Newtown, CT, just before Christmas. As I read the stories of those precious children, I was struck by one in particular—the story of six-year-old Charlotte Bacon. Charlotte was the little “redhead” who begged her mom to let her wear her pink Christmas dress and pink boots to school that fateful Friday. Even though they were purchased for Christmas, the mom gave in and let Charlotte wear them. Don't you know this mom will be forever grateful that she said yes to her daughter that day?

I relate the story of Charlotte's mom because many of us refuse to live life right here, right now for all sorts of reasons. Maybe we don't feel like the time is right or we might be afraid of failing one more time. Fear, although a negative emotion, is a huge motivator in Newtown, CT, to avoid the beginning of some things that have the potential to change our future for the better.

...many of us refuse to live life right here, right now for all sorts of reasons. Maybe we don't feel like the time is right or we might be afraid of failing one more time.

For the last few years, First Place 4 Health has sponsored the Houston Jingle Bell Run. We have had a corporate team and usually 20-25 participants in the run. Because of the date this year, there were many conflicts and only 10 signed up for the run and then several of those dropped out. On race day, Lisa Lewis had three packets to be picked up before the race and two of those people didn't show up. Lisa Lewis is a runner and she was going to run the 5-mile race, so I was not excited about walking the 3-mile path by myself. I found Lisa and remembered that I wanted to send our son John's birthday gift home with her so I walked two blocks back to my parking place to pick up the gift. When I arrived at my car, I left my packet, but forgot to bring the gift back to Lisa! I was bummed and didn't have

Continued on Page Two

Matthew 6:33:

But seek first his kingdom and his righteousness, and all these things will be given to you as well.

*From the Heart ~
Carole Lewis ~ Page 1*

*Fit Tips ~
Vicki Heath ~ Page 3*

*Upcoming Events ~
Page 5*

*Hope & Inspiration! ~
Page 6*

*From the Dietitian ~
Page 8*

Devotional ~ Page 10

Recipes ~ Page 11

First Place 4 Health

(800) 727-5223
(713) 688-6788

To Place an Order:
(800) 727-5223, x1002

www.firstplace4health.com

The *First Place 4 Health E-Newsletter* is published monthly by First Place 4 Health. Address all correspondence to First Place 4 Health, 7025 W Tidwell, Suite H-101, Houston, TX 77092



Continued from page one

time before the race started to go back again to retrieve the gift. I was standing in the group before the 3-mile walk began and thinking about how much I did not want to do it by myself. It was 77 degrees; I had on a shirt with the race shirt over it and was already hot before I had taken the first step. All of a sudden I heard my name called and when I turned around, it was Teresa Hanson, the sister of Linda Wadsworth! Linda is our friend who allowed us to rent her townhome for 15 months after Hurricane Ike destroyed our home. I had not seen Teresa in years and was delighted to see someone I knew. Teresa had come to walk the race with Vanessa, her co-worker.

As we began our walk together, I learned that Teresa had lost 100 pounds and Vanessa lost 90 pounds in 2012. Well, you can imagine how much I enjoyed walking with them and hearing their exciting story. I was struck with how good our God is; He not only sent someone to walk with me, but also sent two women with stories I definitely wanted to hear.

For the Jingle Bell Run, each participant is given two giant jingle bells to tie on their shoe laces. As I laced my jingle bells through the shoe lace, I had the idea to thread the key fob for my car through the lace at the same time. I didn't have any pockets so it seemed like a smart thing to do.

We had a great time walking and visiting until I looked down and noticed that the key, still threaded through my shoe lace, had come loose from the fob and it was missing. I took a picture of my two walking buddies and hugged them goodbye, and then turned around to try and find the missing fob. I walked at least a half mile back and didn't find it. I began praying that someone had seen it and picked it up and that I would get it back again.

That walk back to the finish line was one of the longest walks I have ever completed. I called my daughter Lisa and told her what had happened, so she headed for our townhome to get the other fob and meet me downtown. When I finished the race, I found the "Lost and Found" tent. No one was manning the tent, but right in the middle of the two tables was my fob! I started praising and thanking the Lord that someone had picked it up and turned it in. I was able to catch Lisa before she made the trip downtown, and drove home feeling such thankfulness and gratitude that God had taken care of me perfectly that day.

I had a choice that day; I could have turned around and left because none of our FP4H people would know that I didn't walk. Besides that, I thought I would have to go it alone. But! When I made the decision to walk no matter what, God showed up and made it a great time. If He will do that for me, He will do that for you too.

Is there something that if you began doing it every day, it would make your life a whole lot better when December 2013 comes around? It might be reading your Bible, walking every day, eating more fruits and vegetables, speaking kindly to your spouse or kids, or getting rid of the clutter in your house. What is it that keeps you from beginning? If you can answer this question and push through all the excuses that pop into your mind, I can promise that you will be in a much better place at the end of 2013 than you are today.

Whatever you do, work at it with all your heart, as working for the Lord, not for men. Colossians 3:23



5 Healthy Habits for 2013!

- Fuel Up on Whole Grains.** Look beyond white rice, white bread and pastas this year and swap them for nutrient-rich whole grains. Making a simply swap such as choosing brown rice, whole grain bread or whole-wheat pasta will lead to improved cardiovascular function and reduce the risk of some cancers. Be adventurous and try some less familiar grains like quinoa, buckwheat groats and others. Keep your favorites like oatmeal and air-popped popcorn!
- Focus on Healthy Fats.** Stick with unsaturated ones found in vegetable oils, seeds, nuts, fish, and avocados to promote health and protect against heart disease, stroke, inflammation, and diabetes. Incorporate healthy fats into your day-to-day cooking by cooking veggies in heart-healthy olive or canola oil, using skinless poultry or lean cuts of beef and pork, and topping salads with crunchy nuts and seeds instead of buttery croutons.
- Snack Smarter.** Eating snacks between meals helps satisfy cravings, keeps your energy and mood high, and provides extra vitamins and minerals that may not be met during meals. Eat a combination of complex carbohydrates and lean protein with each snack to keep your blood sugar stable and to maintain a healthy weight. Try sprinkling low-fat yogurt with high-fiber cereal, spread peanut butter on a slice of whole wheat toast and top with half of a banana, or dress a small baked potato with low-fat cheese and salsa.
- Eat Breakfast Daily.** The combo of fiber-rich carbs, lean protein, and healthy fat will give you energy to start your day, maintain focus, and boost your metabolism. When there's no time for a sit-down meal, grab a string cheese and some whole wheat crackers on the way out the door or spread a tablespoon of peanut butter on a whole-grain English muffin. Filling up with breakfast front loads your day with vitamins and minerals that may otherwise be missed by skipping your morning meal.
- Keep Moving.** If you dread the gym, there are still plenty of ways to keep yourself active and moving throughout 2013. Find a friend to keep you accountable and together set realistic and achievable fitness goals. Join a group exercise class or hire a personal trainer (split the cost with a friend!). If you prefer to work out on your own, pop in a workout DVD or hook up the WiiFit in your living room, bundle up and head outside for a walk, or hit the yard and rake those calories away. Incorporating resistance training and aerobic exercise into your routine (aim for 30 minutes per day) will help to maintain flexibility, improve mood, better manage your weight, and build muscle mass.

5 Reasons To Get Cooking!

	Restaurant	Supermarket	Home Cooked
Pizza	210 Calories	510 Calories	187 Calories
Hamburger	830 Calories	250 Calories	329 Calories
Steak	655 Calories	360 Calories	243 Calories
Pasta	867 Calories	840 Calories	422 Calories
Roast Beef Sandwich	572 Calories	700 Calories	245 Calories



Fit Tips

What it Takes to Get Started

Vicki Heath

vicki.heath@firstplace4health.com



I love and hate starting over. I hate it because it seems to be just another reminder that I was not successful the last time, or something happened in my life that caused me to once again get off track. I love starting over because His mercies are new every morning.

Starting over is at least a start! I have worked so hard all year to get to my weight goal. I was almost there in September when I hit a plateau, and then in October I started gaining weight! I finally had blood tests and once again my thyroid had stopped working, even with medication. My metabolism had slowed down to a crawl and no amount of exercise or cutting calories was helping the situation. This was at least encouraging because I knew that once my thyroid was functioning, my metabolism would hopefully return to normal and I would lose the six pounds I gained. Okay, so I had to resolve in my mind that this was just a small detour on my wellness journey and I, along with the Lord's help, have what it takes to get where I need to be.

Set a S.M.A.R.T. goal!

I want to share with you what it takes to get started or if necessary, to get started again! Set a S.M.A.R.T. goal. This goal-setting strategy has been around a long time, but it is proven to help us be successful.

- **Specific**- How is the goal specific? Be as specific as possible. Just saying "I will get healthier this year" will not cut it. Consider setting the goal of losing two pounds a week by cutting portions sizes. The more specific the goal the better chance of meeting the goal.
- **Measurable** - How will my goal be measured? Setting a time limit is extremely helpful. Setting a goal to grow closer to the Lord this year is excellent, but how will that growth be measured? Committing to having a quiet time at least five mornings a week is a measureable goal and one that will be successful.
- **Action-Oriented** - What action(s) does this goal require? Set my alarm and get up every morning? Go to bed earlier? Cook supper ahead of time so I can have time to exercise in the afternoon? There must be something I do to get moving toward my goal. Dreaming about it is not going to make it happen.
- **Realistic** - Is it a realistic goal based on my history, program or based on my present circumstances? I know to be ambitious but not ridiculous.
- **Timed** - What is my time frame for achieving this goal? My doctor said that my thyroid should be functioning normally within six weeks. That is a good time for me to focus on exercise and eating well.
- **Trusted** - I know there is only one T in SMART but this one is important enough to add another. Is it a goal that only with God's help I can reach? There must be a faith element to all of our goals. There are some things I know I can accomplish in my flesh and in my own strength, but the real victories are the ones I reach in my weakness through His strength and power in me. "Only the weak attempts to accomplish what he knows he can already achieve." - Stella Juarez

Continued on page 4



Starting with a S.M.A.R.T. goal is the best way to be successful, but here are some other things to consider: Take your time by taking small steps. When I found out about my thyroid, I was tempted to double up on my exercise activity. Not a wise thing! I would have set myself up for an injury and probable burnout, which is one of the top four reasons people give up or quit. We get burned out or injured. No pain no gain—not true. Realizing our goals will come with consistency combined with gradual progressions and intensity. Consistency will bring results if we do not give up. Marilyn vos Savant, who is in the Guinness Book of World Records for having the highest IQ of any woman, says it this way: “Being defeated is often a temporary condition. Giving up is what makes it permanent.” I like that quote, but I like what the Apostle Paul said in his letter to the Galatians: *Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up.. Galatians 6:9.*

I am praying for you to be strong in the Lord and His mighty Spirit in your New Year. I am looking forward to all He has for me and it will come to pass—Starting Now!

Vicki Heath

Starting a New Exercise Plan? Here are some great accessories to help!





Upcoming Events

Arkansas Area Training Meeting

January 19, 2013

Trinity Baptist Church
Searcy, AR

Contact: Charlotte Davis

Email: tckjdavis@windstream.net

Phone: 501-281-3281

Texas Area Training meeting

January 19, 2013

University United Methodist Church
San Antonio, TX

Contact: June Chapko

Email: chapkoj@aol.com

Live Life! - Louisiana

January 26, 2013

First Baptist Church
Jennings, LA

Contact: Ann Bailey

Email: vabailey@charter.net

Phone: 337-824-3271

Fun & Fitness for Life Weekend

February 8-10, 2013

Sandy Cove Ministries
North East, MD

Contact Phone: 800.234.COVE (2683)

More info.: www.sandycove.org

Alabama Area Training Meeting

March 16, 2013

Taylor Road Baptist Church
Montgomery, AL

Contact: Michele Vermillion

Email: misha95@aol.com

Phone: 334-549-3444

Live Life! ~ Oklahoma

April 6, 2013

Village Baptist Church
Oklahoma City, OK

Contact: Syd Porter

Email: sydporter@yahoo.com

Phone: 405-787-2667

Live Life! ~ Pennsylvania

April 13, 2013

Crossroads Church
Oakdale, PA

Contact: Cheryl Davis

Email: cheryl.davis@crossroadsumc.org

Phone: 412-818-1962

Mississippi Area Training Meeting

April 13, 2013

Baptist Association Building
Marion, MS

Contact: Joyce Ainsworth

Email: glenna@netdoor.com

Phone: 601-927-8974

Wellness Week ~ Sandy Cove

April 28 – May 3, 2013

Sandy Cove Ministries
North East, MD

Contact Phone: 800.234.COVE (2683)

More info.: www.sandycove.org

Summit 2013

July 26-27, 2013

Houston's First Baptist Church
Houston, Texas

Contact: Lisa Lewis

Phone: 800.727.5223, x1001

Email: lisa.lewis@fp4h.com

First Place 4 Health Live!

September 14, 2103

Bookcliff Baptist Church
Grand Junction, CO

Wellness Week @ Round Top

October 10-17, 2013

Round Top Retreat
Round Top, Texas

Contact phone: 800.727.5223, x1001

Email: lisa.lewis@fp4h.com

For more information about any of these events, please visit www.fp4h.com.



Hope & Inspiration

Beverly Cody Bastrop Texas

There I was—50+ pounds overweight again. At least, this time it was only 50, not 80 or 90. A couple started First Place 4 Health at our church and I signed up. This time was a bit different because my husband, Charles, could come.

It was great the first two weeks. I couldn't wait to weigh in. That was my good/ bad meter. Then when the new wore off and I had to be weighed at the beginning of class, I cringed every time. When they began to talk about calories and food choices, it gave me a sick feeling. All I heard were things I did in the past that didn't work. Charles and I never wrote down our food or learned the memory verse. The only thing we managed to do was the Bible study, which I now realize is what we needed. The Bible study was the common denominator that brought us closer together. This lasted a few weeks, when our leaders had an unexpected move and class was cut short. The leader left "me" the material to lead the remainder of the session.

Life went on for a while without FP4H. I was now over forty and needed to get busy. So I mentioned to our associate pastor I might want to start another class. Charles agreed to be my co- leader, even if it meant he was only there for moral support. A couple of months went by and I didn't hear a word. Just as I was beginning to think I would get out of this obligation, he called.



Weight Loss: 60#

I have watched our church friends, close friends, and even our daughter, Kelly, lose weight. In this past year, they have shed approximately 250 pounds. Even Charles, after some reluctance, has lost more than 30 pounds and is still working on his goal of 45. I have seen him go from a *church goer* to a *God doer*.



God knew before I knew that I belonged there. He knew if I was not leading the class, I would find a way out. God did the same with Charles. I told him up front I would not do this without him, and he loved me enough to come to every class. The best part of this journey with God and this class is that I now have a closer relationship with my husband of twenty five years.

It's interesting how when you are in the "process", you miss the small accomplishments and goals. I had begun the habits of the program, and it didn't bother me to track my food or to plan exercise anymore. I looked forward to it. How quickly a year passes. I had soon dropped the fifty pounds. This past year, I participated in two 5k runs and loved it. I'm now looking forward to running a 10K.

Before starting FP4H, I didn't know how to maintain. Did you know there is a whole article on "maintaining" in the material? I never saw that section before. I was always on my way up or on my way down. I told my friend I was little apprehensive with the thought of maintaining. She quickly reminded me I was already doing it. God had brought me there, and it was so easy. I can say now, "I'm a maintainer!" Yes, there are days that I get off track, but it takes a lot less time to get back on track. Praise God!

Beverly Cody recently became a FP4H Networking Leader for the state of Texas!



Women Hide Stolen Goods Under Body Fat



David L. Meinz, MS, RD, FADA, CSP

I thought that headline would get your attention. Well, it's that time of year again when resolutions turn to losing weight. But two women in Edmond, Oklahoma recently decided to use their extra pounds to make some extra cash. They were arrested at a TJ Maxx store where they allegedly stuffed \$2600 worth of denim, footwear, and accessories under the rolls of fat on their stomachs, beneath their breasts, and up around their armpits. They stashed four pairs of boots, gloves, a wallet, and three pairs of jeans between the two of them.

It turns out they probably needed the money. A recent study found that 35% of adults that earned less than \$15,000 per year were obese. Of those who earned \$50,000 or more per year, only 24% were obese. So maybe the secret to losing weight is to get a second job!

Those two ladies aren't alone in Oklahoma. It's one of the states with the highest obesity rates in the nation. That list also includes Alabama, Arkansas, Kentucky, Louisiana, Mississippi, Missouri, Tennessee, and West Virginia. Of all 50 states, only Colorado has an obesity rate under 20%. Obesity, by the way, is defined as being roughly 30 or more pounds above a healthy weight. Experts predict that 75% of Americans will be overweight or obese by the year 2020!

No wonder Americans are always looking for the latest "diet breakthrough." One of the most recent you may have heard about is "Sensa," a granular product you sprinkle on your food. The studies showing that it causes weight loss have not been accepted for publication in any peer-reviewed journals. That means that the studies were probably not very good to begin with. That means that the product is probably not very good to begin with, either.

The other hot diet these days is something called the HCG diet. Human chorionic gonadotropin is a hormone naturally produced by humans but especially so by females during pregnancy. Some doctors are now prescribing it along with a 500 calorie a day diet for weight loss. The hormone is usually taken by giving yourself an injection. Yes, you give yourself a shot. The claim is that the HCG allows you to live on 500 calories a day without hunger. The reality is that 500 calories a day is really a starvation diet. At that intake, your body most certainly will produce ketones which do, indeed, decrease hunger. And now we're back to the low- carbohydrate diets of several years ago. They produced ketosis as well. You don't want to be in ketosis. Studies that have looked at this have found that people lose weight on a 500 calorie a day a diet whether they're on the HCG hormone or not. If I were you, I wouldn't do it.

I've said time and time again that the only documented, proven way to take body fat off and keep it off is to put more physical activity in your lifestyle (exercise), and to decrease calories. Fortunately you can decrease calories without decreasing the quantity of food you eat if you decrease the amount of fat you consume. That's simply because fat has more calories than anything else on your plate. Those of us in the business call that "caloric density." Fruits, vegetables, whole-grain breads and cereals, lean meats, and chicken without the skin, for example, have a lot less calories per unit volume of food than does butter or margarine, mayonnaise, sour

Continued on page eight



Continued from page eight

cream, cooking oils, nuts, whole fat salad dressings, whole fat dairy products, and other high-fat containing foods. It's really the form of the food you eat, not so much the particular food. I've talked about this extensively over the last twenty years.

By the way, when it comes to physical activity, you don't have to become a marathon runner. For most people, brisk walking is ideal and is something they can do for the rest of their lives. Not a leisurely stroll around the block mind you, but a purposeful, arms swinging walk that gets your heart rate going faster. For the next step up, I personally use a stationary bicycle called the Schwinn Airdyne. It's a great piece of equipment and I can use it independent of what the weather is like outside.

This is my 30th year as a nutritionist. I've been a full-time speaker for the last 20 years. The first diet I ever remember in my career was called the Cambridge diet. Do you remember it? It was a powder. One of the very first diet products in the United States was called Allan's Anti-Fat. It came out around 1876. Americans with weight problems is nothing new. But the number of Americans that are gaining weight is new. We've never had this rate of obesity in America before. If a magic pill is ever discovered, I'll let you know.

In the meantime, find some physical activity you can do as part of your lifestyle. Experts now recommend that you exercise a total of 150 minutes of moderate exercise per week or 75 minutes per week of more intense exercise like a stationary bike or jogging. That's per week, not per day. For most people that means you'll need to do something Monday through Friday. But then take the weekend off. You'll need to combine that with decreasing your calorie intake. You can do that, as I said, without a lot of discomfort if you eat more foods that are not so calorically dense. That's the long-term answer right there. You do that, and hopefully you won't find yourself "shopping" at TJ Maxx.

To see a sample of David's church program visit <http://www.christianhealth.com/video.html> and to find out how you can have David's program at your church for FREE visit www.freechurchprogram.com.

Hats Off To The New Year!!

All hats on sale for \$7 each throughout January.

New green hat just in! *Designed in lightweight brushed cotton twill, the cap has a low-profile soft lining, with self fabric closure and ring buckle and pre-curved bill.*

FP4H logo embroidered on front and web address on back.





Devotional

How Easy It Is To Lie To Yourself

But if we walk in the light, as he is in the light, we have fellowship with one another, and the blood of Jesus, his Son, purifies us from all sin.

1 J O H N 1 : 7

Have you ever noticed how easy it is to lie to yourself? I think of myself as an honest person and yet, for many years I lied to myself on an almost daily basis about the choices I made related to food and healthy living. I had fallen into the trap of “I can do it myself.” Certainly, there were short periods of time when I would successfully lose 20 to 30 pounds, but those victories were short-lived and my weight continued to creep up. When introduced to First Place 4 Health’s Live It food plan, I remember thinking, “This sounds like a great program, but why do I need to show up to a meeting every week? That’s silly! I can do this on my own.” But I was lying to myself.

I was standing in a dressing room at Dillard’s just before Christmas in 2004, when God made me realize that I was not being truthful to myself. The reflection in the mirror was proof that I could not make the changes I needed to make on my own. I joined a First Place 4 Health group at my local church the following month. At first, my focus was on the tactical aspects of tracking what I ate, doing the Bible study consistently and memorizing the Bible verse each week. But soon I came to appreciate the value of the fellowship I found within my group. With the common bond of being believers in Jesus Christ, I found that I could both offer and receive encouragement and camaraderie from the people that I met in my First Place 4 Health groups.

Looking back over the past five years, I have a hard time envisioning my life without them because God used them to help me develop new priorities and new habits related to living a healthy lifestyle. My First Place 4 Health friends have laughed with me, cried with me, prayed with me and celebrated with me. And knowing that I’ll see them at the next meeting has helped me to be genuine and truthful with everyone, including myself!

Action Item: Are you basking in the light and warmth that God offers through fellowship with like-minded believers? Or is the pride of “I can do it myself” keeping you out in the cold? Talk to God about it and ask Him to show you areas where you need His help to change how you think about being honest with yourself.

Prayer: Thank you, dear Jesus, for the blood you shed to wash me clean. Help me to rely on You daily to purify my motives, my thoughts, and my actions so that I can be the person You want me to be.

Sandy Matthews
Houston, TX

Devotional taken from the devotional, Better Together. To order, visit our website, www.firstplace4health.com, or call 800.727.5223, x1002.



Get Cooking!

Company Pot Roast

- 1 (2-pound) boneless chuck roast, trimmed
- 1/4 cup lower-sodium soy sauce
- 2 garlic cloves, minced
- 1 cup beef broth
- 1 tablespoon cracked black pepper
- 3 tablespoons sun-dried tomato paste
- 2 medium onions (about 3/4 pound), quartered
- 1 (16-ounce) pkg. carrots, cut into 2-inch pieces
- 16 small red potatoes (about 2 pounds), halved
- 1 tablespoon canola oil
- 1 1/2 tablespoons all-purpose flour
- 3 tablespoons water
- Rosemary sprigs (optional)

Combine roast, soy sauce, and garlic in a large zip-top plastic bag; seal bag, and marinate in refrigerator at least 8 hours, turning bag occasionally. Bring broth to a boil in a small saucepan; add mushrooms. Remove from heat; cover and let stand 20 minutes. Drain mushrooms, reserving broth mixture. Remove roast from bag, reserving marinade. Sprinkle roast with pepper, gently pressing pepper into roast. Combine reserved marinade, mushroom broth mixture, and tomato paste; stir well, and set aside. Place mushrooms, onion, carrot and potato in a 6-quart electric slow cooker; toss gently. Heat oil in a large skillet over medium-high heat. Add roast, browning well on all sides. Place roast over vegetables in slow cooker. Pour tomato paste mixture into pan, scraping to loosen browned bits. Pour tomato paste mixture over roast and vegetables. Cover with lid; cook on high-heat setting 1 hour. Reduce to low and cook 8 hours or until roast is tender. Place roast and vegetables on a serving platter; keep warm. Reserve liquid in slow cooker; increase to high-heat setting. Place flour in a small bowl. Gradually add water, stirring with a whisk until well blended. Add flour mixture to liquid in slow cooker. Cook, uncovered, 15 minutes or until slightly thick, stirring frequently. Serve gravy with roast and vegetables. Serves 8.

Save leftovers for the [Deluxe Roast Beef Sandwich recipe](#) in this newsletter!

Nutritional Information: Calories: 318; Fat: 6.8g; Protein: 30.5g; Carbohydrate: 33.1g; Fiber: 5.2g; Cholesterol: 40mg; Iron: 3.9mg; Sodium: 552mg; Calcium: 70mg

Tracker: 3 oz.-eq Meat, 1 1/2 cup vegetables

Hey foodies!!

Send your favorite recipes to recipes@firstplace4health.com and we might use them in our newsletter or on our website! If we do, you get a free kitchen measurements magnet!

Tangy Roast Beef Sandwich

1/2 cup fat-free sour cream
4 ounces 1/3-less-fat cream cheese (about 1/2 cup), softened
2 tablespoons prepared horseradish
1 (16-ounce) unsliced loaf French bread
3/4 cup cranberry-raspberry crushed fruit
3/4 pound thin-sliced roast beef (from your leftovers or from the deli)
1 cup alfalfa sprouts

Combine first 3 ingredients in a small bowl. Cover and chill. Cut loaf in half horizontally. Spread horseradish mixture over cut sides of bread. Spread crushed fruit over bottom half of bread; top with roast beef, sprouts, and top half of bread. Cut loaf into 6 pieces. Serves 6.

Nutritional Information: Calories: 445; Fat: 8.7g; Protein: 23.1g; Carbohydrate: 67.2g; Fiber: 2.7g ; Cholesterol: 42mg; Iron: 3.6mg; Sodium: 1093mg; Calcium: 61mg.

Tracker: 2 oz.-eq meat., 3 oz.-eq grain

How does your cold cut stack up?

The curing of meat was traditionally done to preserve a precious food, and that food, being precious, was not served in mile-high deli sandwiches. It's the portion, not the pastrami, which can be unhealthy these days. Still, even in a modest 1- or 2-ounce serving, sodium can add up. To dodge some of the salt, get your slices fresh from the deli for up to 50% sodium savings over pre-sliced. Opt for reduced-sodium versions when you can. And load your sandwich with lots of fresh veggies.

Prosciutto

Per ounce: Supersalty at 650 mg

Oven-Roasted Chicken Breast

Per ounce: Lean choice - less than 1g sat fat. But not salt-free - about 243mg sodium. Lower-sodium versions have about 175mg.

Beef Pastrami

Per ounce: Seasoned brisket or round is leaner (0.5g or less sat fat) with lower sodium (242mg) than you might think.

Smoked Turkey Breast

Per ounce: Similar to chicken – no sat fat and about 260mg sodium (170mg in lower-sodium versions).

Honey-Cured Ham

Per ounce: Almost as lean as skinless chicken breast. More sodium than chicken – 265mg.

Soft & Hard Salamis

Per ounce: Starting at 110 calories, 3g sat fat, and 320mg sodium

Roast Beef

Per ounce: It's easy to forget how lean beef can be, and it's a salt-savvy option (166mg), too. Reduced-sodium versions have even less—just 40mg.

Need a quick fix for your sweet tooth?

2-Minute Pumpkin Pie

Whip up this 75-calorie pumpkin pie for one. This simple recipe only takes 2 minutes to make, but the end result tastes as delicious as traditional, calorie-packed pie.

1/2 c. pumpkin puree
1/4 c. egg whites
Sweetener
Cinnamon or pumpkin pie spice

Mix together all the ingredients. If you prefer a flan-like texture, add more pumpkin; if you prefer a cake-like texture, add more egg whites. Microwave for two minutes. Use a mix of Greek yogurt, hazelnut cream cheese, and pumpkin pie spice for the icing. Top with toasted pecans. Serves 1.

Snickerdoodle Blondies

You'd never believe that one of these irresistible blondies sets you back less than 75 calories. But it's true! Made with fiber-rich chickpeas, the cinnamon-saturated bars have a moist, fudgy texture

1 1/2 c. (or 1 can) chickpeas, drained and rinsed
3 tbsp. nut butter
3/4 tsp. baking powder
1-2 tsp. vanilla extract
1/8 tsp. baking soda
1/8 tsp. salt
1 tbsp. unsweetened applesauce
1/4 c. ground flax
2 and 1/4 tsp. cinnamon
Pinch cream of tartar and raisins (optional)

Preheat oven to 350 degrees. Blend all ingredients until very smooth, and scoop into a greased (or tinfoil-lined) 8x8 in. pan. Bake for 35-40 minutes. You want the blondies to look a little undercooked when you take them out, because they'll firm up as they cool. Makes 15-20 squares.