

The 30 Pound Club

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Sneak 'em

Have you seen the commercial with a mother shushing her husband when he talks about all the vegetables in the pasta sauce as the child eats? Turns out, that may be a good idea.

In a study recently published in the *American Journal of Clinical Nutrition*, researchers fed volunteers three meals a day; the meals were manipulated to increase the vegetable content without the participants' knowledge. They thought they were rating the taste and texture of meals prepared different ways without knowing the particulars. For example, breakfast included carrot bread; to increase the vegetable content, carrot puree was added to the dough before baking. Pureed cauliflower was added to macaroni and cheese with the lunch meal, and pureed squash was added to chicken and rice for dinner.

The goal was to reduce the energy density by 15% and 25%. Simply stated, they decreased the calories for the foods by adding the vegetables. They also increased the vegetable servings by one and two servings respectively. While the subjects did notice the textures were different, they did not note any change in flavor due to the added vegetables. On top of that, the total calories for the day were reduced by over 200. How cool is that?

It may take a little experimentation with recipes, and some kids (and men) are able to sense a vegetable from 100 yards away, but pureeing vegetables and adding them to food may be a great way to help your family—and maybe even you—get more vegetables. And did you read that they lowered their caloric intake 200 calories per day? They didn't eat more to compensate, and they felt just as full no matter which meal they ate. Cutting 200 calories per day could result in weight loss of 20 pounds in a year! And you still get the benefits of eating more vegetables.

In fact, I've got a recipe for you that takes advantage of pureed veggies. Paula got the recipe from a friend, and the first time we made it we nicknamed it Pond Scum Soup, because that's what it looks like. But take my word for it, it's delicious and it's a phytonutrient powerhouse. And it's such a nice green color, we took it to the St. Patrick's Day Pot Luck Party at the studio where we take dance lessons. Everyone brave enough to try it loved it. Here's the link: <http://drchet.com/soup.html>. Yes, those are dead fish—Paula raised a son, and still thinks like a little boy now and then. (Dead fish are optional.)

You really want to lose 30 pounds this year? Want to help your family as well? Sneak in some vegetables. They'll never know how much you love them.

One and Done.

What are you prepared to do today?

Dr. Chet

Reference: Am J Clin Nutr 2011;93(4):756-763





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