



Time To Think, LLC

August, 2019

Make Healthy Choices with Traffic Light Eating

Hi **Everyone!**

I am launching this monthly newsletter via email, my website, and my facebook page individuals and families who are interested in healthy living and self-improvement. If you want to join my email list, let me know. I hope these brief information bursts are helpful to you. Happy reading!

Yesterday, I talked with a lot of people about the choices that we can make to maintain or improve our current health status. I had a great time making smoothies (especially with the help of a Lebanon School District student), talking to people, and seeing all of the interactive activities that Welsh Mountain provided through its annual Health Fair at the Salvation Army on Guilford Street in Lebanon, PA.

What I am finding is that there are MANY people in this community who are striving to make things better for themselves and their families, and there is a desire to get more exercise, be more positive, and choose foods that maximize strength, brain power, and overall health. But often times, we (myself included!) get sidetracked, and find old habits returning. So how do we get lasting change?? It's consistency, day by day.

When people think about their health, weight, diet, and exercise, often time it seems like making changes is an insurmountable task. Discouragement kicks in if they don't see the scale moving in the desired direction, and then before you know it, self-sabotage creeps in. But, if we simplify things, and are mindful of the choices we are making, the results we are seeking will follow.

I think it is a good idea to keep this quote by ancient Greek philosopher, Plato, in mind when trying to make changes in one's diet. "A good decision is based on knowledge and not on numbers." – Plato

Eating healthy doesn't have to mean counting calories, monitoring fat content or analyzing every detail of the nutrition facts. While that information is certainly important, it can become overwhelming when trying to make healthy choices for you and your family. However, choosing healthy foods doesn't have to be complicated!

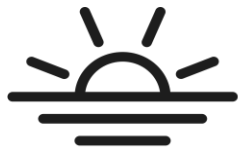
Some of you may have noticed the poster I had on display yesterday with the traffic light. Traffic Light Eating makes eating healthy simple to understand, even for kids. Just like when you are driving a car, a traffic light tells you what to do:

- **Green** means "go"
- **Yellow** tells us to "slowdown"
- **Red** means "stop and think"

Green Light Foods

Green Light foods are "go" foods, meaning eat as much as you want. These include all fresh fruits and vegetables. Emphasis on *fresh* – these foods are grown, not manufactured. Packaged gummy fruit snacks are not Green Light foods!

The numbers: These foods are low in calories and high in nutrients. In other words, Green Light foods are nutrient dense.



Yellow Light Foods

Yellow Light foods are “slow down” foods. While foods that fit in this category are okay to eat every day and are essential to your health, they should be eaten in moderation. Too much of a good thing really is no good! Examples of Yellow Light foods include: whole wheat pasta, eggs, salmon, nuts and seeds, rice, whole grain bread, and plain yogurt. Pasta made from lentils or chickpeas is also a great choice. Grass fed beef, chicken (antibiotic free), and Alaskan Salmon and cod are great protein options.

The numbers: These foods have more calories than Green Light foods and usually have more fat, which is why they are in the yellow light category. They will fill you up, but take your time when eating them.

Red Light Foods

Red Light foods are “stop” and think foods. Since these foods are low in nutrients, high in sugar and contain artificial sweeteners and ingredients, you should try and find a healthier option, or eat a smaller portion. Try to reserve these red light foods for special occasions. Examples of Red Light foods include: cookies, candy, fatty meats, sugary drinks, bacon and other processed meats and frozen yogurt.

The numbers: These foods are lower in nutrients and higher in calories, fat and sugar. It's hard to avoid RED LIGHT FOODS when we are bombarded with advertising for fast foods, and the taste good (until you change your tastes.....once you do, you will crave BETTER foods from the Green and Yellow categories.

If you're ready to start following Traffic Light Eating, contact me to schedule your pantry makeover, the first step to a healthier you. Want to learn more about Traffic Light Eating? Let me know! I have several openings in my schedule for September and I am ready to schedule a community workshop!

Recipe – Here's a tried and true recipe from the Dr. Sear's Wellness Institute

Black Bean & Salmon Tostadas

Makes: 4 servings, 2 tostadas each

Active Time: 25 minutes

Total Time: 25 minutes

Ingredients

- 8 6-inch corn tortillas
- avocado oil
- 1 6-to 7-ounce can boneless, skinless wild caught salmon, dried
- 1 avocado, drained
- 2 tablespoons minced pickled jalapenos, plus 2 tablespoons pickling juice from the jar, divided
- 2 cups of shredded cabbage
- 2 tablespoons chopped cilantro
- 1 15-ounce can black beans, rinsed
- 2 tablespoons salsa
- 2 scallions, chopped
- 3 tablespoons sour cream
- lime wedges (optional)



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Preparation

1. Preheat to 375 degrees Fahrenheit.
2. Coat the tortillas on both sides with olive oil and place on baking sheets. Bake the tortillas in the oven, turning once until light brown.
3. Combine the salmon, avocado and jalapenos in a bowl. In a separate bowl, combine the cabbage, cilantro and pickling juice.
4. In a food processor, combine and process the black beans, sour cream, salsa and scallions until smooth. Transfer to a microwave-safe bowl, cover and heat on high until hot (about 2 minutes).
5. To assemble the tostadas, spread each tortilla with some bean mixture and salmon mixture. Top with the cabbage salad and serve with the lime wedges, if desired.

Yesterday, at the Health Fair at the Salvation Army, people asked me about more recipes, especially for the smoothies. If you go to the RESOURCES section on my website, you can download six more great recipes that will inspire you to eat well and to get cooking!

Go to this site, and then click on RESOURCES and download recipes.

<https://www.johncmaxwellgroup.com/mariannebartley>

Finally, I leave you with these quick tips for a happier and healthier you!

Quick Tips for Shopping.

Avoid These 3 “Bad Words” On Food Labels for a Healthier Family

1. High-fructose corn syrup
2. Hydrogenated oils
3. Any word followed by a number, such as red #40, blue #5 and other artificial flavors and colors

This month’s events:

Welsh Mountain Health Fair – completed- August 3, 2019, at the Salvation Army on Guilford Street.

Healthy Bodies Healthy Minds Institute 2019 – Pottstown, PA– August 14, 2019

John C. Maxwell International Coaches Training/Certification – August 23-August 26

Rising for Action – Forming a Coalition of Women Leaders – In Progress at the YMCA – Session is Full

My business, Time To Think, LLC., is all about positive change. Whether it’s in the corporate world, with community groups, or individuals, I’d love to partner with you. Contact me at 717 821-7212 or at time2thinkLLC@gmail.com.



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