



A NOTE FROM DR. POWELL, MD

Liquid Calories

Have you ever thought about how many calories you drink in a day? Hidden calories can add up quickly that are of no nutritional value, your body then stores these extra calories as fat. We are essentially the only animal, with a few exceptions, that continues to consume liquid calories after weaned from our mothers, especially drinking calories, not for nutrition, but for pure pleasure. Think about it: what does an adult zebra, gorilla, bear, deer, elk, raccoon, cow, sheep, or a chicken drink? That's right: WATER. They only drink water. Do you see a zebra drinking a sugary soda? Or what about a gorilla with an energy drink? Or what about a bear drinking a beer or a glass of wine? Nope they all only drink water. So think about all the calories we drink in this country. Sodas with 140 calories per can!! Or what about the calories in a 44oz super-sized soda with 298 calories. The specialty coffees that can range from 190 to 470 calories!!! A glass of orange or apple juice, a regular household glass holds 8oz can easily be 100 calories. What about a beer that can be 80 to 250 calories per bottle, or a glass of wine at 160 calories, a glass of champagne that is 220 calories. Don't forget the daiquiris and margaritas that can be over 400 calories. Oh, and of course, don't forget the cow's milk that we drink at over 148 calories per glass. Also, if you think about it, we are the only animal that drinks another animal's milk, but we will leave that concept for another time. When I review with my new patients about their liquid calories, many do not realize how many calories they are drinking. Now I'm a realist, I'm not going to tell someone just to stop all of their liquid calories all at once unless they want to. And I'm not going to tell them to give up all their liquid pleasures forever. What I tell them is this, "It's not about giving anything up, it's about how much and how often." How many liquid calories do you drink?

Have you ever thought about how many calories you drink in a day? Hidden calories can add up quickly that are of no nutritional value, your body then stores these extra calories as fat. We are essentially the only animal, with a few exceptions, that continues to consume liquid calories after weaned from our mothers, especially drinking calories, not for nutrition, but for pure pleasure. Think about it: what does an adult zebra, gorilla, bear, deer, elk, raccoon, cow, sheep, or a chicken drink? That's right: WATER. They only drink water. Do you see a zebra drinking a sugary soda? Or what about a gorilla with an energy drink? Or what about a bear drinking a beer or a glass of wine? Nope they all only drink water. So think about all the calories we drink in this country. Sodas with 140 calories per can!! Or what about the calories in a 44oz super-sized soda with 298 calories. The specialty coffees that can range from 190 to 470 calories!!! A glass of orange or apple juice, a regular household glass holds 8oz can easily be 100 calories. What about a beer that can be 80 to 250 calories per bottle, or a glass of wine at 160 calories, a glass of champagne that is 220 calories. Don't forget the daiquiris and margaritas that can be over 400 calories. Oh, and of course, don't forget the cow's milk that we drink at over 148 calories per glass. Also, if you think about it, we are the only animal that drinks another animal's milk, but we will leave that concept for another time. When I review with my new patients about their liquid calories, many do not realize how many calories they are drinking. Now I'm a realist, I'm not going to tell someone just to stop all of their liquid calories all at once unless they want to. And I'm not going to tell them to give up all their liquid pleasures forever. What I tell them is this, "It's not about giving anything up, it's about how much and how often." How many liquid calories do you drink?

FEATURED PRODUCTS

FlapJacked Pancake & Baking Mix



FlapJacked is a delicious, protein-packed and fiber-rich pancake/ baking mix made with quality ingredients such as whole oats and coconut flour. Naturally sweetened with fruits and veggies, each mix is bursting with flavor while boasting 20 grams of protein and just 200 calories per serving.

Walden Farms Condiments



Add any of our Walden Farms condiments, ketchup, mayo, BBQ sauces and salad dressings, to any of your favorite recipes to give it that great taste your searching for without all the added calories, sugars, carbs and fat! All of our Walden Farms products have no calories, fat, carbs, gluten or sugars of any kind!

10% OFF

Use code **MAYNEWS21** online at CarbEssentials.net or present this coupon at a CarbEssentials Store location near you for 10% off your next product purchase.

**Must present coupon to redeem 10% off. Cannot be combined with any other offers. Can only be used once per customer. Redeemable at the following locations; Redding (Mon, Wed, Sat) & Chico (Tues, Thurs, Fri) ONLY. Coupon Expires 5/31/21*



EAT RIGHT. LIVE RIGHT. FEEL RIGHT.



MOTHER'S DAY SNEAL® SPECIAL!

Sunday, May 9, 2021

This Mother's Day, skip the flowers and chocolates and give mom something she really needs—the gift of good health. Spoil mom this Mother's Day with her favorite sneals® at a price you can't resist! Enjoy **15% OFF** at our CarbEssentials store online at carbessentials.net, **Sunday, May 9th** on your purchase of \$75 or more! Shop online with coupon code **LOVEMOM21** plus enjoy free shipping (excluding liquids)!



High Blood Pressure Education Month

Being overweight or obese increases your risk of developing high blood pressure. In fact, your blood pressure rises as your body weight increases. Losing even 10 pounds can lower your blood pressure—and losing weight has the biggest effect on those



NATIONAL HIGH BLOOD PRESSURE EDUCATION MONTH

who are overweight and already have hypertension. Overweight and obesity are also risk factors for heart disease. Being overweight or obese increases your chances of developing high cholesterol and diabetes—two more risk factors for heart disease. Waist circumference is the key measurement to determine if someone is overweight or obese. Body fat in the stomach area also increases disease risk. A waist measurement of more than 35 inches in women

and more than 40 inches in men is considered high. The healthiest way to lose weight is by setting a goal of losing 10 percent of your current weight. This offers the best chance of long-term success. In the US, approximately 1 in 3 adults has high blood pressure, however most people are not aware they have this condition due to a lack of signs or symptoms. High Blood Pressure Education Month encourages people to look at various lifestyle factors which may be contributing to high blood pressure. It is well documented that high levels of sodium (salt) is linked to high blood pressure. In the US, the majority of people consume more than twice the level of recommended sodium intake. Guidelines recommend up to 2,300mg of sodium per day for an adult. Those at higher risk should consume even less (up to 1,500mg of sodium a day). Higher risk groups include those who have diabetes, kidney disease, existing high blood pressure and African Americans. Lifestyle changes which can help reduce blood pressure, include maintaining a healthy body weight, regular exercise, quitting smoking and following a healthy low sodium diet.



UNDERSTANDING BLOOD PRESSURE



YOU KNOW THE MAGIC NUMBER, BUT WHAT DOES IT MEAN?

The top number on a blood pressure reading is your **systolic** blood pressure. This is a measurement of the pressure your blood puts on the walls of your blood vessels when your heart contracts and pushes blood through your body.



The bottom number on a blood pressure reading is your **diastolic** blood pressure. This is a measurement of the pressure your blood puts on the walls of your blood vessels when your heart relaxes and refills with blood.

SO HOW DO YOU MEASURE UP?

It is important to know which range your blood pressure falls in to that you can take steps toward preventing HBP if necessary.

NORMAL
Systolic: less than 120mmHg
Diastolic: less than 80mmHg

AT RISK
Systolic: 120–139mmHg
Diastolic: less 80–89mmHg

HIGH
Systolic: over 140mmHg
Diastolic: over 90mmHg

With blood pressures in the “at risk” to “high” range diagnoses are made for prehypertension or hypertension

HYPERTENSION

31% of American adults have high blood pressure.

Only **52%** of those with high blood pressure have the condition under control.

Hypertension is the medical term for high blood pressure. It often has no signs or symptoms. Hypertension increases your risk for having your first heart attack, stroke, chronic heart failure, and kidney disease.

RISK FACTORS & CAUSES OF HIGH BLOOD PRESSURE

Hypertension can be prevented and often treated by leading a healthy lifestyle. You can keep things under control by knowing and avoiding the risks.

OBESITY
Eat healthier by eating low fat and lean proteins. Strive for a body mass index between 18 and 25.



GENDER & ETHNICITY
Occurs earlier in life and is more common and more severe among African Americans than among Whites and Mexican Americans.



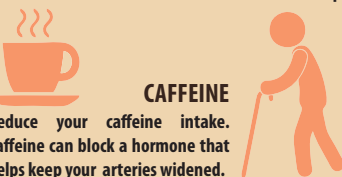
LACK OF PHYSICAL ACTIVITY
Be active. Shoot for 40 minutes of physical activity, 3-4 times per week.



SODIUM
Stay under 2,300mg a day, which is associated with the greatest reduction in blood pressure.



CAFFEINE
Reduce your caffeine intake. Caffeine can block a hormone that helps keep your arteries widened.



SMOKING
Quit smoking. Nicotine in tobacco hardens the arteries and raises blood pressure.



ALCOHOL
Limit your alcohol intake. Drink no more than 1-2 drinks a day. (1 for most women, and 2 for most men).



STRESS & ANXIETY
Get 7-8 hours of sleep per night to reduce stress and keep blood pressure levels down.

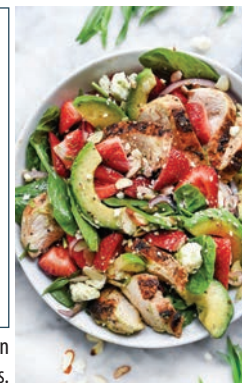


AGE
About 65% of Americans aged 60 or older have high blood pressure. HBP affects nearly 20% of young adults, between ages 24 & 32.



CHICKEN, STRAWBERRY & SPINACH SALAD W/ AVOCADO

Ingredients:
4oz skinless chicken breasts
2.5 oz fresh spinach
4 oz fresh strawberries
1/2 avocado
1/8 cup Feta cheese, crumbles, reduced fat
1 tbsp almonds, sliced
1/8 cup red onion, chopped
Walden Farms balsamic vinaigrette*



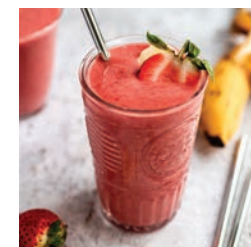
Lets Cook : Pound out chicken breast to an even thickness. Season with salt & pepper and place on george foreman grill for 20 minutes or until cooked through. Arrange the spinach, strawberries and red onion in a bowl. Lightly toss with dressing. Add the avocado, sliced chicken and top with feta and almond slices. Serve immediately.

Serves 2 : Per Serving: Cal: 218 | Protein: 12.5g | Carbs: 11g | Fat: 10g | Fiber: 5g

4 EASY RECIPES TO MAKE IN MAY

Incredible, seasonal recipes to make in May! These vibrant, healthy spring recipes celebrate spring produce and are just as delicious as they are colorful.

STRAWBERRY & BANANA SMOOTHIE



Ingredients:
1/2 cup frozen strawberries
1/2 ripe banana (fresh or frozen)
1 cup fresh spinach
1 cup Non-Fat Greek Yogurt
1/2 bottle Core Power Strawberry Banana Protein Shake*

Lets Cook: Add all ingredients to a blender and blend on high until smooth.

Serves 1 : Per Serving: Cal: 242 | Protein: 26g | Carbs: 25g | Fat: 4.5g | Fiber: 4g

CHIPOTLE CHICKEN TOSTADAS W/ PINEAPPLE SALSA

Ingredients:
For the pineapple salsa
1 cup diced fresh pineapple
1/8 cup finely diced red onion
1/2 tsp finely diced jalapeño
1 tbsps fresh lime juice
1/2 garlic clove, minced
1/2 tsp chopped fresh cilantro
1/2 tsp olive oil
For the chipotle chicken
1/2 tsp olive oil
6 oz ground chicken
1 tsp chipotle chili powder
Freshly ground salt and pepper
1/8 cup fat free chicken broth
1/2 tsp tomato paste
To assemble
3 flat tostada shells
1 avocado, mashed
1/4 cup shredded purple cabbage
1/8 cup chopped fresh cilantro



Lets Cook: Preheat oven to 350 degrees F and line a baking sheet with parchment paper. In a bowl, toss together the pineapple, onion, jalapeño, lime juice, garlic, cilantro, avocado oil and salt. Refrigerate until ready to serve. In a large skillet, heat the oil over medium-high heat. Add the ground chicken, chipotle chili powder, salt and pepper. Cook the chicken, breaking up the meat until it is brown, about 7 minutes. Drain off any excess fat from the pan. Reduce the heat to medium and add the chicken broth and tomato paste and stir to combine. Cook for about 2 more minutes. Remove from heat. Place tortillas in a single layer on baking sheet. Lightly spray the tops of tortillas with nonstick cooking spray. Bake until golden brown and crisp. Carefully spread the mashed avocado on top of each tortilla. Sprinkle with the shredded cabbage and a big scoop of chipotle chicken. Top with the pineapple salsa and cilantro.

Serves 3 : Per Serving: Cal: 215 | Protein: 14g | Carbs: 13g | Fat: 11g | Fiber: 2g

SPICY TUNA WRAP

Ingredients:
1 low carb tortilla (10 inch)
1/4 cup chopped romaine hearts
1/2 roma tomato, sliced
1/8 cup corn
1/4 avocado, sliced
1 tablespoons chopped green onions
2oz Albacore Tuna, drained
1 tsp non-fat greek yogurt
Walden Farms Chipotle Ranch Dressing*



Lets Cook: In a bowl mix tuna and yogurt together. Lay out tortilla on a large cutting board. Place the lettuce, tomato, corn, avocado, green onion and tuna on tortilla. Drizzle each wrap with 1 tablespoon of dressing, reserving some for dipping. Roll up each tortilla, tucking in the ends as you go.

Serves 1: Cal: 266 | Protein: 21g | Carbs: 28g | Fat: 10g | Fiber: 13g

*Products can be purchased at our CarbEssentials stores or online at CarbEssentials.net.

GET MORE RECIPES HERE!

Visit our blog at CarbEssentials.net or our recipes page at Physiciansplan.net for more recipes!