Newsletter

Dr. Q's
Total Weight Loss Center

Let's Talk About It:

Over the next six (6) weeks I want to talk about **Cognitive Distortions.** Cognitive Distortions are irrational thoughts that can influence your emotions.

Everyone experiences cognitive distortions to some degree, but in their more extreme forms they can be harmful. Often cognitive distortions present themselves as automatic thoughts. Automatic thoughts can happen so quickly that we fail to notice them and they can affect our emotions and progress when they occur.

Identifying our negative automatic thoughts and replacing them with new rational and positive thoughts can improve both our emotional state and stop us from sabotaging our progress.

This week we continue with two more **Cognitive Distortions: Personalization and Jumping to Conclusions**

Personalization: The belief that one is responsible for events outside of their own control.
An example may be: "My mom is always upset. She would be fine if I did more to help her."

> Can you think of an example in your own life of when you personalized a thought and it affected your weight loss efforts?

Jumping to conclusions: Interpreting the meaning of a situation with little or no evidence. Falls into 2 types. Mind Reading and Fortune Telling

Mind Reading manifests itself as the inaccurate belief that we know what another person is thinking. Of course, it is possible to have an idea of what other people are thinking, but this distortion refers to the negative interpretations that we jump to.
An example of Mind Reading may be : Seeing a stranger with an unpleasant expression and jumping to the conclusion that they are thinking something negative about you.

Fortune Telling refers to the tendency to make conclusions and predictions based on little to no evidence and holding them as gospel truth.
An example of Fortune Telling may be: a young, single woman predicting that she will never find love or have a committed and happy relationship based only on the fact that she has not found it yet. There is simply no way for her to know how her life will turn out, but she sees this prediction as fact rather than one of several possible outcomes.

Can you think of an example in your own life of when you jumped to a conclusion either by mind reading or fortune telling and it affected your weight loss?

Task For The Week

As you go through the week ahead, see if you can identify one or more examples of the two cognitive distortions as they are related to your weight loss efforts.

1. Write down the thought(s).
2. Record how each one made you feel.
3. Change the thought to something more positive and realistic.

Example: "there's no point starting a **diet** because I'll just break it"

Change to new thought: The last time I started a diet, I broke it, this time I'll get help to hold me accountable.

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Recipe of the week

Low Carb and Low Calorie Coleslaw (Sugar free, Gluten Free) - Great For Cookouts.
Makes 5 servings

Nutrition Facts: Net Carbs 3g, Fiber 3g, Total Carbs 8g, Protein 1g, Fat 17g, Calories 176

Ingredients

Tricolor coleslaw mix 16 oz bag
Mayonnaise 1/2 Cup
Heavy Whipping Cream 4 Tbs
Apple Cider vinegar 2 Tbs
Erythritol (I use Swerve) 3 Tbs
Salt ¼ Tsp
Black pepper ⅛ Teaspoon

Cooking Instructions

Mix mayonnaise, cream, apple cider vinegar, swerve, salt, and pepper in a small bowl. May adjust salt and pepper to taste.

Cabbage may be used either shedded as it comes or chopped up fine in a food processor. Pulse to chop. Place in a large bowl and pour dressing over top and mix thoroughly.

Maybe served immediately or chill in the refrigerator to blend flavors.

*(use low fat mayonnaise for low fat, lower calorie version)

Announcements

Vitruvian BodyWorks is now offering Yoga and Pilates classes. Call to sign up and get your first class free. Classes available Mon - Sat. 727-273-2030.

Q & A:

What is the glycemic index? And why is it important when trying to lose weight?

The glycemic index (GI) is a system that assigns a value (number) to carbohydrate-containing foods according to how quickly a food increases blood sugar after it has been eaten.

In general, the number is based on how much a food item raises blood glucose levels compared with how much pure glucose raises blood glucose. GI values are divided into three categories:

- Low GI: 1 to 55
- Medium GI: 56 to 69
- High GI: 70 and higher

Comparing these values, can help guide healthier food choices. For example, an English muffin made with white wheat flour has a GI value of 77. While a whole-wheat English muffin has a GI value of 45.

One limitation of GI values is that it may not reflect the quantity you would actually eat of a particular food.

For example, watermelon has a GI value of 80, which would put it in the category of food to avoid. But watermelon has relatively few digestible carbohydrates in a typical serving. In other words, you have to eat a lot of watermelon to significantly raise your blood glucose level.

To address this problem, researchers have developed the idea of glycemic load (GL), a numerical value that indicates the change in blood glucose levels when you eat a typical serving of the food. For example, a 4.2-ounce (120-gram, or 3/4-cup) serving of watermelon has a GL value of 5, which would identify it as a healthy food choice. For comparison, a 2.8-ounce (80-gram, or 2/3-cup) serving of raw carrots has a GL value of 2.

Sydney University's table of GI values also includes GL values. The values are generally grouped in the following manner:

- Low GL: 1 to 10
- Medium GL: 11 to 19
- High GL: 20 or more

A GI value tells us nothing about other nutritional information. For example, whole milk has a GI value of 31 and a GL value of 4 for a 1-cup (250-milliliter) serving. But because of its high fat content, whole milk is not the best choice for weight loss or weight control unless you are on a keto diet.

The GI value of any food item is affected by several factors, including how the food is prepared, how it is processed and what other foods are eaten at the same time.

In your weight loss efforts it is important because the higher the glycemic index or load of a food the more it will raise your blood glucose causing a sugar high that will be followed

by a sugar low. So this translates to feeling full faster and feeling hungry again soon after eating and thus encourages snacking between meals. It is also important when you are looking at sugar substitutes because some of the older ones have a higher glycemic index and when eaten act very similar to sugar in your body and they leave you craving sweets soon after you eat them. Make sure to avoid sweeteners with fillers like maltodextrin or dextrose, these fillers are extra carbohydrates that will spike your glucose levels.

The best sugar substitutes that have minimal effect on your blood glucose and insulin levels, are naturally derived, and have the lowest risk of GI side effects are listed here.

1. Allulose - a monosaccharide or simple sugar that is naturally occuring in very tiny amounts, it is classified as a rare sugar and can be found in raisins, figs, maple syrup, jack fruit, caramel sauce and wheat. It tastes, bakes and freezes like sugar, with only 1/10th the calories of cane sugar. It is 70% as sweet as table sugar.
2. Erythritol (Swerve) - a sugar alcohol that is naturally occuring in grapes, peaches, pears, watermelon and mushrooms. It is also created in the fermenting process of making cheese, beer, and wine. It tastes, bakes, and freezes similar to sugar and can be used as a 1 to 1 replacement for sugar. It is 70% as sweet as table sugar.
3. Monk fruit - Is a sweetener that is produced from monk fruit extract. It has no carbohydrates, salt, fat, or calories. It is 150 to 200 times sweeter than sugar. Often it may be blended with dextrose or other sweeteners to balance the taste. Be sure to read the label on this one.
4. Stevia - Is a sweetener that is produced as an extract of the leaves of the Stevia plant. It has no calories or carbohydrates. It is 100 to 300 times sweeter than sugar and to some people it may taste bitter rather than sweet and others say it tastes like menthol. Like monk fruit it is often blended with other sweeteners to balance the taste. So, again be sure to read the label to confirm the contents.

Please feel free to email us with questions, topics, or ideas that you would like to see included in this newsletter.

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