



Newsletter January 2016

Small tricks to **cut calories and eat healthy**

Breakfast



Swapping your typical two whole-wheat bread toast for one whole-wheat brown toast to save about 70 calories. Use low-fat cheese (dairy products), and use low-fat milk instead of coffee creamer

Lunch



Switch the mayo to mustard. Fill your sandwich with plenty of veggies. Make the salad with healthy choices, add protein such a bean or tuna which will make you feel full longer

Snack



Munch on popcorn instead of chips, or yogurt with fruits on top

Dinner



Aim to fill half your dinner plate with vegetables

Dessert



In fact small treats may actually help to stick to weight-loss goals. So dark chocolate is a good choice.

How to Get Back to Healthy Eating After Overindulging

1 Restarting your healthy routines

Avoid the "give up" attitude

Forgive yourself

Start journaling your goals

Schedule in your meals and exercise

Skip the scale

2 Returning to healthy eating

Cook and prepare meals at home

Eat a high fiber, high protein breakfast

Eat a big salad for lunch

Eat a high-protein afternoon snack

Drink lots of water

Leave a few bites of food on your plate

3 Adding in other supportive practices

Exercise

Get eight hours of sleep: helps with mood balance and appetite control

Find or build a support group

Repeat positive affirmations daily: "I'm doing the best I can to get back on track with healthy eating"

What is Celiac Disease?

It is a digestive disorder that occur in reaction to gluten. The body's immune system react to the gluten and causes damage to the intestines and subsequent malabsorption.

What are the symptoms of CELIAC DISEASE?

Symptoms in **GREEN** were mentioned the most often

Oral

Bad Breath
Gum Disease
Mouth Ulcers
Swollen Gums

Female-Specific

Early Menopause
Frequent Miscarriages
Heavy, Painful Periods
Infertility

Intestinal

Acid Reflux
Bloating
Constipation
Loss of Appetite
Stomach Pain

Joint / Muscle

Back Pain
Leg Cramps
Swelling in Hands and Feet

Vitamin Difficiencies

Anemia (Low Iron)
Low Calcium
Low Vitamin B12
Low Vitamin D

Behavioral

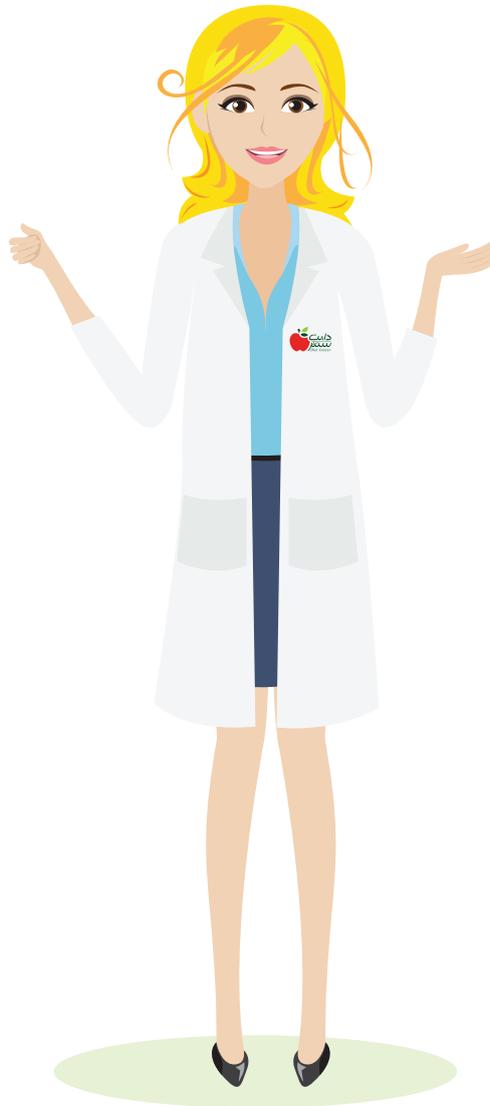
Anxiety
Irrational Anger
Memory Loss
Mood Swings
Short Temper

Skin

Acne
Brittle Nails
Dandruff
Pale Face
Skin Cancer

Miscellaneous

Chronic Fatigue
Heartburn
Hemorrhoids
High Blood Pressure
Hypothyroidism
Low Blood Sugar



Gluten-Free program in Diet Center

Diet Center is the first and only center in Kuwait that provides a specified menu for the Celiac Disease patients with Gluten-Free diet program

Because even the tiniest amount of gluten can cause damage to celiac disease patient digestive system; Diet Center kitchen is equipped with a separate station to prepare gluten free meals to avoid cross contamination.

Diet Center Gluten free menu provides tasty dishes that are prepared with gluten free flour and / or products, so that you won't be deprived from your favorite pasta; pizza; manakish; pies; cakes and cookies.

During your membership you'll enjoy a variety of delicious and nutritious dishes

Many Celiac disease patients who chose to join Diet Center Gluten-free diet felt immediate relief within the first couple of weeks of their membership

This program is a 28 days membership with a weekly follow up with the dietitian who can adjust your calories and nutrient requirements that suit you