



... It's Worth the Trip!



THINKING OUTSIDE THE BOX

Tuna Tacos with Quick Peach Salsa

Have you heard "You can't work off a bad diet!" or "You can lose weight without exercise but you can't lose weight without good nutrition!"? Well, multiple studies show and experts agree there is truth to these two statements. The fact is, to reach and maintain body fat and weight goals it is about the calories consumed vs. the number of calories expended. The key to weight loss is achieving a negative energy balance (taking in less calories than you burn) while consuming mostly nutrient dense, high quality foods.

It takes a calorie deficit of 3,500 calories to lose just 1 pound. This means a 500 calorie daily deficit results in a safe 1 pound weight loss per week. To create this deficit, the average person needs to run at least 7 miles/day. Yet, this same deficit can be achieved by simply forgoing a sugary beverage and decreasing meals by 100 calories or changing snack choices to vegetables rather than the typical chips or candy bar.

Most people value time in the gym more than time spent in the kitchen preparing meals and snacks. They easily find 30 minutes or more a day to hit the gym, go for walks, or take the stairs instead of the elevator. Yet, they believe there is no time for the important work needed in the kitchen. They wrongly value the extra minutes at the gym and as a result, often default to higher-calorie prepared foods and convenience items of poor nutritional quality. Over time, many become frustrated because all their sweating and "physical pain" is not, or is barely, moving the scale.

This is not to say that physical activity is not important for overall health performance and well-being. It benefits the heart, muscles, bones, and mind, and must be part of a healthy lifestyle. Experts recommend at least 150 minutes of moderate aerobic activity per week while also incorporating weight bearing activity. The point is, spending hours at the gym to burn calories to meet weight management goals is not as efficient as decreasing the calories consumed and choosing high quality nutritionally dense foods. One healthy habit to begin is to never eat lunch out unless someone else is buying! Spend time preparing tasty, nutrient dense lunches that you can take to the office. Don't forget to go for brisk walks on your breaks!

This meal features a heart healthy twist on tacos and tuna by using an "at the ready" lean protein and topping it with a fruit salsa. Make a batch for a family dinner or to pack for your office lunches.



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Directions:

1. For the peach salsa, drain 1- 15 oz. can of sliced peaches (packed in their own juice). Chop the slices into bite sized pieces and place in a medium bowl. Gently mix in: 1- 4.25 oz. can of green chilies (drained and finely chopped), ¼ cup finely chopped red onion, 1 tbsp. fresh lime juice, 1 tbsp. chopped fresh cilantro, and ¼ tsp. hot sauce.
2. Drain and flake 2- 5 oz. cans of tuna and empty both into the bowl.
3. Warm 8 corn or wheat tortillas. Place 1/8th of the tuna on each tortilla. Top with 1/8th of the peach salsa and just a little

Serves: 4

sprinkle of shredded cheese or a few crumbles of blue cheese. Serve each plate with 2 tacos and a 2 oz. piece of dark chocolate with almonds for dessert.

Tips:

For a little more crunch and a bit more volume, try adding finely shredded cabbage or diced jicama to each taco.

Try this with your favorite prepared fresh or frozen fish.

Believe it or not, the peach salsa is great on chicken.

DISCLAIMER: YOU MAY USE ANY LIKE PRODUCTS OF ANY BRAND IN MAKING THIS HEALTHY CHOICE MEAL. THE PICTURES HERE ARE NOT AN ENDORSEMENT OF THESE PRODUCTS.

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