

Don't Be a Victim of Sabotage-By-Kitchen!

We've spent some time learning what foods are good choices, what to do when you're in tempting situations, and how to shop for nutritious foods over those with empty calories.

But have you considered the idea that how you store the food in your kitchen matters almost as much as which foods are there in the first place?

After you've made the effort to stock up on healthy options (fruits, veggies, whole grains, and lean proteins), if you don't put them – as well as those tempting junk foods that others sharing your living space insist on having around – in the right place, you may be making this harder than it needs to be!



Create a Healthier Kitchen

As you're learning, eating well isn't only about what you eat but how you eat. It should come as no surprise that your **environment plays a critical role in shaping your eating behaviours**. We often think of the kitchen as the heart of the home, a gathering place. But if you avoid it like the plague for fear of derailing your weight management progress, then it's time to take back control and perform a kitchen makeover. And no worries – this one won't break the bank or your back with renovations!



With a few simple tricks, you can transform everyone's favourite room into the ultimate health-food retreat.

Shape Up Your Kitchen and Your Habits

The idea is to make it easier to reach for the better choices and harder to grab the less healthy ones, especially when you're on the go or particularly hungry. If you've rushed home "hangry" (hungry and angry!) from work and you have to look past the bag of cookies or chips to see the bananas, this isn't an ideal set up!



What Can I Do?

Start from scratch and re-think the way you've laid out your kitchen. Chances are, you already have a few good ideas about how you could rearrange a few things to set yourself up for a weight management win! Remember: you are the one in control; although grabbing that unhealthy snack may feel like a guilty pleasure, the only thing it's doing is pushing you further away from your goal.

If you need some ideas on how to better organize your environment for success start with these helpful kitchen hacks:

Where?

■ **Start with your fridge, front and center! Make it a snap to reach for healthy choices.** If you let yourself get really hungry, chances are you'll grab the first thing you see, so make sure it's a good choice by placing the healthiest options at eye level in the front of the fridge. Put them in clear containers for an added visual cue, and tuck less healthy options in non-see-through containers in the back or in drawers. Place baggies and containers of fresh fruit, veggies, hummus, and yogurt in pre-measured serving sizes near the front of the fridge – that way, the choice is so fast you may not even remember that leftover cake tucked away in the back! And don't forget your freezer! When time is at a premium, having a freezer stocked with veggies – e.g., carrots, broccoli, edamame – flash-frozen at their peak of freshness are great options for a quick side dish!

What?

■ **Shrink your dishes and make portion control a no-brainer.** Most dishes we buy nowadays are oversized; in fact, plate size has increased substantially over the years. Research has shown that larger plates and bowls almost automatically translate into eating much larger portions. Why? Well, if we eat first "with our eyes", then seeing bare space makes us feel deprived. No, you don't have to toss out your dishes – just rearrange them so that you have your salad plates and small soup bowls within easy reach on a lower shelf, and store your full-size dinner plates out of reach higher up in the cupboard. Even if you happen to still be hungry after eating what's in your smaller bowl, having to go for seconds buys your mind and body some time to pay attention to their signals of feeling full.

And don't forget your drinking glasses – relegate your oversize mugs and 12-oz glasses to a higher shelf (or keep one of each out for water and unsweetened tea/coffee) and keep smaller cups and juice glasses close at hand for controlling your intake of juices or sugary drinks.

How?

■ **Spice up your fridge and pantry!** It's totally understandable if the thought of another plain chicken breast isn't cause for celebration, or if a piece of steamed cauliflower leaves you less than thrilled. But eating healthfully doesn't have to be boring, so don't fall into that trap! Give your pantry and fridge door shelves a makeover by outfitting them with a variety of inspiring condiments and spices. Toss your gooey, fat-laden bottled salad dressings and give your salads and veggies a flavour boost with interesting oils and vinegars for making your own inspired salad dressings – ever tried pepper vinegar or garlic parmesan olive oil? A little goes a long way so you won't have to use much to make your taste buds jump for joy! There's a whole world of hot sauces, salsas, mustards, and salt-free spice blends to add zing to your lean meats, soups, and everything else. Got a sweet tooth? Believe it or not, stocking some strategic spices and herbs can quash your cravings without calories. Add sweet-tasting herbs and spices like mint, cinnamon, allspice, clove, and nutmeg for a sweeter kick. Try brewing your coffee with a dash of cinnamon to replace your usual sugar and add some fresh mint to your water or iced tea. Revamp your kitchen and make it a healthy, flavourful zone!

Why?

■ **Because if you manage temptation and learn new habits by using these simple tricks, you are more likely to stay on track to reach your goal.** It's also a good opportunity to clear out anything you no longer want to have hanging around your kitchen – a fresh start for a fresh you!



You Can't Build a Table Without a Measuring Tape – Have the Right Tools on Hand!

It's much easier to control portions and make meals interesting if you have a few inexpensive tools on hand. Start with the basics (measuring spoons and cups) and then expand your collection to better control and create your snacks and meals!



Measuring spoons

Ideal for keeping high-fat or high-calorie ingredients to their correct proportions. Much easier to measure a teaspoon of oil or tablespoon of peanut butter rather than pouring or scooping them freehand!



Dry* measuring cups

Use these in place of a ladle or serving spoon for more precision rather than “guesstimating”. Eventually, you'll be able to eyeball what a cup of pasta is, but these do come in handy until you're a portioning pro!



Wet* measuring cups

Use these for portioning out tomato sauce, salsa, milk, soup, etc.



Vegetable peeler or “spiralizer”

If you haven’t had the pleasure of trying “noodles” made entirely from vegetables like zucchini, carrots, or beets, you’ll be in for a treat. These light noodly alternatives are a nutritious, delicious way to eat your veggies and get your “pasta” fix too!



Zester

They don’t call it “zest” for nothing! The colourful peels of oranges, lemons, grapefruit, and limes add a ton of flavour when grated finely over chicken, fish, pasta or even cottage cheese. Full-flavour in exchange for almost no calories! Speaking of cheese, your zester can do double duty by grating hard cheeses like Parmesan very finely, so you’ll use less than if you use a full-sized grater.



Muffin tins

These aren’t just for muffins anymore! Use a muffin tin to cook make-ahead, perfectly sized mini meatloaves, or omelets/frittatas with some veggies.



Kitchen scale (for food, not for you!)

Many recipes and nutrition labels call for serving sizes in ounces or grams, making them hard to measure. You can get a better idea of what the serving size looks like if you weigh it.

* Note: Dry and liquid measuring cups are indeed different, and you’ll want a set of each. They both roughly measure the same volume, but they are set up differently. Cups for dry ingredients are meant to be filled right to the top, while liquid measures have a “stop” line a bit before the top. So if doing a recipe and you use a liquid cup to measure out the dry ingredients and you fill it to the top with sugar, then you might get a lot more than you wanted!



Mind Shift



From here

"I can't rearrange the kitchen to suit myself – I live with other people!"

"I should have the willpower to avoid the things I shouldn't eat or control how much I eat instead of having to trick myself."

To here

"Maybe my new eating habits will inspire my friends and family to eat more healthfully when they see that healthy doesn't mean 'boring'!"

"I know that there is more to it than willpower. Environment, genetics, habits, and a host of other things play a role. There is nothing wrong with setting myself up for making better choices and making it easier to do so. Skill power over willpower!"

How to get there

Start with one cupboard at a time! It may be easier to start by tossing the biggest temptations or relegating them to a single, inconvenient location.

Taking control of your health is nothing to feel badly about! Only you know the changes you need to make to be able to better manage your weight. But that doesn't mean it must be a solo project – maybe your good example can open the door to making eating better a healthy family project.

Above all, remember to be kind to yourself. If your best friend was trying to lose some weight, would you stockpile their kitchen with junk, or would you help them out by getting them started on the right foot?



Food for Thought

Once again, there are all sorts of things outside of our control...but there are many, many things we do have a say about. When those opportunities present themselves, we should take full advantage! Organizing your kitchen can simplify your weight management journey by removing our opportunities to eat willy nilly and instead eat more mindfully. Let's see how your old thought patterns may sabotage your long-term goals.



Pro

It will inconvenience everyone and me if I have to turn my kitchen upside down. The real world is full of temptation. I may as well get used to it at home.



Con

If I don't start getting into better habits at home, it will be an even slipperier slope once I venture out. If I eat well most of the time at home, then an occasional indulgence outside of the home will not be the end of the world and I can get back on track as soon as I walk in my front door!



Make it a point to get into your kitchen and take charge of how it looks, what it contains, and how it can be your friend, not your foe!

And remember, if at any time you have questions about your **CONTRAVE** therapy and would like to speak to a nurse counsellor, call **1-855-CNTRAVE (1-855-268-7283)** from 8 a.m. to 8 p.m. Monday to Friday EST.

CONTRAVE is a prescription medicine that is used for weight management:

- in patients who have obesity or;
- in patients with overweight and at least one medical condition associated with their weight (such as high blood pressure that is controlled with medicine, Type 2 diabetes, or a high amount of lipids (cholesterol or other types of fat) in the blood)

CONTRAVE should be used along with a reduced-calorie diet and increased physical activity.

CONTRAVE should be taken exactly as your Healthcare Professional tells you to.

Please refer to the **Patient Medication Information** insert in your product package for important safety information.

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