

May Nutrition Newsletter

Metabolism Facts

Metabolism is the process by which our bodies convert what we eat into the energy we need to survive and function. We can boost metabolism by increasing lean muscle mass. Muscle is metabolically active, which means that people with lean, muscular bodies need more energy to function than people with a higher percentage of body fat. No magic food will speed up metabolism. Some studies have shown that green tea and hot chilies temporarily boost metabolic rates, but the lift isn't very significant. There is little evidence to support the fact that eating after 8 p.m. causes weight gain. However, you may be more likely to snack mindlessly in the evenings while watching television. Eat regular meals and snacks throughout the day to prevent extreme swings in hunger and fullness. Creating a large calorie deficit in attempts to lose weight can backfire. Our bodies are smart and programmed for survival. Severely limiting calories can make your body think it's entering a famine, and that it needs to do more with fewer calories. Your body adapts to the restricted caloric intake, and uses fewer calories to perform the same tasks. Resist the urge to diet and instead prioritize healthful foods. For more information visit: <https://www.eatright.org/health/weight-loss/tips-for-weight-loss/metabolism-myths-and-facts>.

Tomatoes

Florida is the nation's largest producer of fresh tomatoes. They're harvested October-June. One pound of seed produces up to 140,000 tomato plants! One tomato contains only 25 calories, but 40% of the daily value for vitamin C, 20% for vitamin A, and 10% potassium. It also contains one gram of fiber. Cooking tomatoes allows our bodies to absorb more of the lycopene than when consumed raw as well as cooking them with a little bit of fat.

Cherry Tomato Confit

Ingredients:

- 3 pounds cherry tomatoes
- ¾ cup olive oil
- 1.5 tsp kosher salt
- 1 tsp black pepper
- 10 garlic cloves, sliced
- 8 large thyme sprigs

Directions:

1. Preheat oven to 275°F. Spread tomatoes onto a large rimmed baking sheet. Add oil, salt, pepper, and garlic; toss gently to coat. Tuck thyme sprigs into mixture. Bake until tomatoes are wilted but not all have burst, about 1.5-2 hours.
2. Cool to room temperature; discard thyme. Store tomatoes with oil and accumulated pan juices in an airtight container in refrigerator up to 2 weeks, or freeze up to 2 months!

<https://www.cookinglight.com/recipes/cherry-tomato-confit>