

Spring Forage

by

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There are those who associate winter with an increased appetite. Short days, low light, shivering and bundling up against the chill all seem to make many of us want to eat more. Especially more comfort foods, because we tend to get "cabin fever" or just feel lethargic from the lack of sunshine.

Thankfully, winter is over! No more temptation to dip into the white flour canister and whip up biscuits and gravy or grandma's banana bread. Ah, with the daylight hours growing longer, we are losing the urge to rummage through the fridge for high carb "no-no's." With the onset of spring, thick, sweet, hot, heavy, bloating, high glycemic platters of food suddenly have no appeal!

And, to coin a phrase borrowed from a popular shark film, "just as you thought it was safe to go back on your diet..." here comes spring! The fabled season of birth and renewal, of life, regeneration, energy and love has a down side for some. Everything smells fresh and sweet; tender green grass, fragrant new flower buds, spring rain carried along on gentle breezes. We start moving again, we are out sneezing from allergies, hustling and bustling. We use more energy and our schedules pick up in intensity. Life in general increases...and so do our appetites.

Now, instead of wanting comfort foods on a dark, cold day, we need an "energy snack" while we are on the run. We expel more energy than we have for the past two or three months and our "snack" triggers are activated. After all, we are creatures of nature and we respond to the seasonal cycles. We are instinctively following nature's urges to forage through the season's fresh and plentiful bounty. Like the bear, we want to hunt out snacks after winter's hibernation. Like the cattle and hooved creatures of the field and plains, we seek energy through munching, nibbling, grazing and, yes, foraging.

However, as low carbers, we are in a terrific position ... this negative cycle for high carbers is actually a positive for us! Eating the high carb way is a major disadvantage during spring because high-carbers reach for unhealthy, carb-laden foods. Although we must be mindful of where we forage and graze, low carbers have a distinct advantage over those who eat the "old" way. Yes, a distinct advantage indeed! As long as we watch our meal portions, and only snack when we are truly hungry or "empty," then spring is our smorgasboard. Graze through the fresh salad greens and tender dark green veggies, root through the nuts and berries, forage for pork rinds, bacon bits and a myriad of cheeses, and rejoice in the low-carb lifestyle we have chosen!

Spring symbolizes renewal and vitality ... so enjoy renewing your fridge's crisper bin, meat tray, and pantry. Feel the vitality of the low carb way of life, and eat guilt-free. Forage to your heart's content--literally.

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