



Note from Joy

It is Christmas season again; time goes by just like water over your fingers. If you don't plan it, it is wasted. Everyone likes to hear prosperous stories and wish they happened to you.

Unfortunately, life is not like that, even Cinderella needed to go through her dark hours in order to meet her Prince. I can not emphasize more, if you don't take control of your life, 2007 will come and go just like other years. What is your dream you want to see accomplished when 2007 ends?

Make it reachable, step by step. Make it meaningful, don't be selfish. Make it real so that people can do it with you. Make it fun so we can all remember. All and all, I don't want to see you in the same place next year. I wish that you get out of your own cocoon and become a butterfly.

Love,
Joy Wu



Ordinary Women Doing Extraordinary Work
What are you going to say?

You are beautiful

Healthy Grocery Shopping on a Budget



-Part 3-



Grains: Breads and grains are typically the bulk of our diet. Make sure to choose whole grains: Wheat/Oat/Multigrain bread, potatoes, brown

rice, cornmeal, popcorn, whole wheat pasta, oatmeal, and cereal (watch the sugar content). The vitamins and fiber in potatoes are mostly found in the skin, so leave it on when cooking. Buy rice and other grains in bulk, in the international section or at an international food store. A small box of rice on the shelf usually costs more per pound than a bulk bag. Popcorn is a great snack and a good source of fiber. Do not buy prepackaged microwave popcorn. It is more expensive and contains more fat. Popcorn is easy to pop in a pot with a little olive oil. Make a large batch and pack in baggies for snacks or lunches. Add some cinnamon and sugar or parmesan cheese for extra flavor.

Dairy: Last, but certainly not least, is the dairy section. Choose low fat dairy products such as yogurt, cottage cheese and skim milk to cut down on fat but increase your intake of calcium. Skim milk is cheaper because the expensive part of milk is the cream. Buy yogurt in a larger container to get more for your money and add fruit or granola at the time of consumption.

You may notice I have not mentioned many prepackaged, processed foods. These foods are called "value-added" in the food industry. You guessed it...that means they cost more. It may be cheaper to buy a box of macaroni and cheese and a bag of chips, but if you were to calculate cost per nutrient, they would not measure up. It does take some thought and a little extra

preparation in the kitchen, but it is worth it. At the end of your shopping trip, estimate how much you have spent and if you have money left, splurge on your favorite snack or dessert. The key is moderation and balance. Happy Shopping!

-Nicole Kauffman, M.S. Food Science
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YAB Butterfly Program

When a butterfly flies,
It brings pollen from one flower to another
It brings the breeze to the air
It brings color to the garden
It brings a sweet fragrance to your nose
It brings life in front of our eyes
This is what I call the Butterfly Effect.

You Are Beautiful have developed the Butterfly Program based on this Butterfly Effect.

YAB believes that when one butterfly flies, she can bring the difference into her life and impact others. As always the Mental, Emotional, Physical, Financial, Spiritual facets will be the main focus.

You can read with us monthly and you also can form your own group and do it together as accountability to one another. Because we are

different, you have your uniqueness and no need to copy mine. **Be creative** that is the key.

Some ideas for groups may be: **6am Walking Group** :) :) :), Dieters Lunch Club, **A No-Sugar Lady**, Or you can join me for save those Young girls who has been sell into Prostitution Business in Southeast Asia. **Book buddy will be good for mom.** Let's Dance baby or **Say "hello" to a friend if you are a relationship phobia**, for me, I want to start my Millionaires club in 2007, etc It doesn't matter what it looks like, **but bottom line is to start doing it.** We are looking forward to hear from you and your group's good report.

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**Find a partner
and
DO IT!**

