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Color wheel project

I recently pulled my lavender skirt out of the closet and started looking for a matching blouse. This is one of my favorite prints, so it caught my attention. It's a little more colorful than most of my wardrobe, but there's a bit of purple out there. It's not a perfect match back to lavender silk, but I love how red, green and yellow bring another tone skirt. Spring is here! And that's the magic of color! Go to the main content that knew? Indulging in a bit of this dairy dynamo can keep you slim. Here's your guide to becoming a cheesy whiz. Holy cow! Women who ate an ounce of full-fat cheese each day gained less pounds over time than their less cheesy peers, a study in the American Journal of Clinical Nutrition shows. Whole lactic contains conjugated linoleic acid that can cause your metabolism. To get more waist-howling power from your wedge, savour one ounce part (about the size of your thumb) of one of these top picks daily. Goat's cheeseOne ounce of this creamy choice contains 76 calories and 6 grams of fat (4 g saturated) and boasts 5g of protein filling. It's also a good source of copper that keeps your immune system buzzing. Swap the mayo and smear the goat's cheese on a wrapper or mix with the crushed nuts and dried fruit topping the toast topper. ParmesanAT's 111 calories per serving seems like splurge, but Parmesan comes with loads of essential nutrients: One ounce contains almost as much bone calcium as a glass of milk and 10g of protein - more per ounce than chicken breast. Grate and sprinkle over a bowl of salad greens for punchy flavour. CheddarConcrete to this classic queso: it becomes perfectly goose-not-fat-when heated and has 6 percent more calcium than American cheese. Extra spicy cheddar adds zing to your favorite foods such as takes and veg burgers. Monterey JackNosh on Monterey Jack and a piece of fruit for a salty-sweet balance of carbohydrates, fiber, protein and fat that can tide you to your next meal. In the mood for something spicy? Choose pepper Jack cheese, a twist on Monterey Jack that includes hot peppers such as halepeño. Eat 1 ounce or to provide about 20 percent of your daily calcium requirement and 6g of protein for 110 calories. RicottaGood news, lasagna lovers! Even full-fat ricotta is a low-calorie wonder: it weighs in at a meager 49 calories and 4g of fat (2g saturated) per ounce and has the lowest amount of sodium of any cheese out there. For a decadent-tasting dish, toss the ricotta with the pasta and fresh herbs or stir in the hot tomato sauce for a light upgrade. ProvoloneThis mellow, hard cheese is versatile enough to go with most deli meat. One slice offers 21 percent of your daily calcium need, as well as other bone-building minerals of phosphorus and selenium. Layer it over low-fat meat for 100 calories and 7g fat (5g saturated). MozzarellaNet 22 percent of your calcium with one portion of this juicy choice. Mozzarella contains 85 calories and 6 g of fat (4 (4 saturated) per ounce. It's perfect for omlets because it won't overwhelm the soft taste of eggs and mesh well with most vegetables. Cheese for breakfast? Yes, please! Photo Credit: Lucas ZarebinskiSELF does not provide medical advice, diagnosis or treatment. Any information published on this site or by this brand is not intended as a substitute for medical advice and you should take no action before consulting a healthcare professional. TopicscheeseHealth eat achievable nutritional advice, attentive nutritional advice, and easy, tasty recipes anyone can make. Sign up today. After a stifling summer, the settle in a cozy fall at home sounds idyllic — and there is no better time to infuse on your space with inviting, warm colors than when the weather cools down. Autumn is the perfect time to embrace the warm colours in your home as the natural autumn colour palette fluctuates all the warm side of the coloured wheel, says decorator designer Erica Dale. Refreshing your textiles, art, accessories or floral arrangements with these autumn shades can embrace the comfort and warmth of the season. So what does it really mean and look to decorate your home with warm colors? Three interior designers offer their tips for translating the coloured wheel into a perfectly balanced colourful décor. What are some examples of warm colors? In general, warm colours are red, orange and yellow families, while cool colours are green, blue and purple families, says Dale. Think of red, peach, pink, amber, sienna and gold against cooler veal, eggplant, emerald, aqua and cobalt. Remember the color wheel from a classroom school art class? A line drawn right through the middle plunges into these two groups, though shades near where the halves meet (such as purple) can function as hybrid colors, says Dale. You can also come up with warm colors as cozy, ground tones. For me, warm colors are camel peels, oranges, deep grey taopes, says decorating designer Bailey Deion. Cooler colors tend to be lighter and bring air sensations to the room. White cold or warm color? As! White color can lean cooler or warmer, depending on the shade. If you look closely, you can see hints of undertones such as red, blue, yellow and purple, says Ariel Richardson, an interior designer and founder of ASR Design Studio in San Diego. It may take some practice to pick up on these subtle shades, but they can have a big impact on how the color of the paint or piece of furniture will look in the room. 'Yellow or pink undertones will read warmer, while whites with blue or green undertones will appear cooler,' explains Dale. Different types of lighting can also influence whether white will look warmer or cooler - hence many designers recommend testing a large sample on the wall before painting the entire room. If you have tons of natural light pouring in, things will appear cooler, while rooms lit by artificial light will look much warmer, says Dale. Don't worry Matching every white in the room is perfect. Using both cool and warm whites can bring in the best of both worlds. I love layering crisp, clean white with other warmer whites because it makes for a light and airy but cozy and warm vibe, says Deion. Okay, so gray is cold or warm? Just like white, gray can also function as a warm or cool color. If you want one that skews warm for your walls, try Benjamin Moore's Classic Gray. It feels light and airy, but there's also a warm elegance and formality to it, making it ideal for a living room with a bright white finish, says Dale. How can you tell if it's warm color or cool? You can tell if the color is warm if it seems to be more mellow, says Richardson. Bold and bright colors are usually on the cold side. If you're still questioning your eyes, try this simple trick from Dale: Keep the sample or element in question next to a clean version of that color (for example, put white against a real white colored wheel). You'll quickly determine how it tilts when you see them side by side. How do warm colors make you feel? Warm colours instantly connect associations with heat, fire and sun, so these colours tend to feel more energetic, attractive, cosy, stimulating, passionate and intimate, says Dale. Conversely, cool colors bring water and sky to mind and therefore create a more soothing, focused, relaxed, calm, soothing and refreshing feeling. In addition to the effect on your mood, color temperatures can also change the feel of the room. Warmer colours can make the interior welcoming - but also smaller, warns Richardson. Cooler colors have their pros and cons: they will create the illusion of extra space, but go overboard and the room can feel too sterile. Should I put warm and cold colors in one room? So! One of the best design tricks in the book is to create a nice balance of warm and cool colours in space, says Dale. While the dominant colors in the room can dictate the overall mood, that makes the design feel grounded and cohesive balancing that with elements of the opposite color temperature. For example, if you're going for this light and airy look with cool white walls, adding in warm elements like red carpet, ivory underwear, or brass accents can help make the room still feel cozy and cozy. How to decorate with warm colors? Richardson advises using cooler colours on the walls and ceilings to make the room appear more spacious, but layering in warmer touches through architectural details, furniture, lighting, trim, fixtures and accessories. But what about attracting these autumn colours such as mustard, terracotta, ochre or Switching accessories can quickly upgrade your home for the season. Incorporating warm throws of blankets and pillows into space can make a huge impact, deion says. I like to swap my greens with something as big as natural dried cotton stalks to make for textured and cosy space. This content supported by a third party, and imported to this page to help users provide their email addresses. You can find more information about this and similar content in piano.io piano.io

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