



Enjoy Holiday Parties, Leave the Stretch Pants at Home!

Happy Holidays! This is a great time for celebration and sharing time with friends and family; that makes it a tough time to stick to a healthful eating plan. There are so many parties and goodies, many of us put aside healthy eating and indulge. I've included a few tips to follow to avoid putting on those holiday pounds. Wouldn't it be better to not have to make weight loss part of your New Year's resolution?

Never go to a party hungry. Try to eat a snack or a small meal before you go. That way you can stay in control and not give in to what are often high fat and calorie foods such as cheese, dips, etc.

Try not to starve yourself the day of the party so you can fill up on food that evening. If you eat normally throughout the day, you're much less likely to overeat at the party; especially a sensible breakfast!

Try not to hover around the food table. Remember, the event is a social event, not a food event. Try to stick to a moderate amount of alcohol. Not only does it have calories, but also often extra servings of alcohol cause us to lose our control and munching tends to happen. It's recommended for men to have no more than two servings of alcohol per day and for women, one.

Other beverages such as eggnog or soda are also high in calories. Make yourself a spritzer with seltzer and juice or try to find low fat eggnog. Also try to stick to the correct portion size.

Be sure to include physical activity in your day. Often we get so busy with shopping, preparing, or even wrapping that we forget to go to the gym. Grab a visiting family member and go for a walk or even better – get the whole family to go for a walk! Even walking around the mall while shopping counts.

Include fruits and vegetables in your holiday meals. They are low in calories and high in flavor. Bringing a green or fruit salad to a potluck meal is always welcomed! Or experiment with some dried fruit.

Wait at least 10 minutes before getting seconds. It takes that much time for your brain to sense you are full.

At a holiday party, remember:

Beverages add up in calories.
Snack on low calorie foods like veggies.
Mingle! Don't stand by the food.
Eat a snack before attending so you're not so hungry.
Take a walk or get some exercise during the holidays. Even walking at the mall counts!

Try some Almonds!

Almonds are the cutting edge nut! They are found in the grocery store in many forms—shelled, unshelled, chopped, sliced, slivered, whole; raw or roasted, peeled and blanched or with skins intact; and salted, raw or roasted, smoked, the list goes on! They are high in calcium, fiber, and the highest food source of Vitamin E. Their fat content is mostly monounsaturated fat (the good stuff that is shown to be healthful for the heart). One can also find almond oil, almond paste, almond butter, and even almond flour for use in other recipes. Toasting almonds intensifies their flavor and crunch. Try them in your oatmeal, on your salad, or in a cookie!

Nutrition Counseling and Private Meal Service

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What is Nutrition Counseling?

This is a question many ask when I describe what I do. I am a Licensed Nutritionist. I have a Bachelors of Science in Dietetics and I have completed a variety of trainings and certifications to make me Licensed; I'm licensed in both NY State and recognized nationally.

People come to see me for a variety of reasons. The most common reason is for weight loss. Many people are tired of all of the information in the media, from friends and family, and want support to help them change to have a healthier lifestyle.

During a consultation, I discuss health goals and the persons' current lifestyle. We come up with a plan that fits into their lifestyle, that way they don't feel like they are going on a diet or being restricted. Diets may work for awhile, but can get frustrating. 80% of people who go on diets gain their weight (and sometimes more) back.

Sometimes people come in due to health issues. Food is a very big part of a healthy life; people who have digestive issues, suspect food allergies, have high cholesterol, and even those who are depressed will benefit from dietary changes. It's amazing how eating healthy makes such a difference in your overall outlook in life!

Menu planning and thinking about daily meals is also an important part of the consultation. A lot of people feel they know the right foods to eat, but fitting them into our day is a constant challenge. Coming up with a weekly plan makes dietary changes seem more manageable.

Healthier skin, mental clarity, more energy, a more positive outlook on life as well as weight loss are some benefits to a change in diet. Making healthy diet changes are a few steps away and are a great new year's resolution.

Seasonal Recipe

Almond Cookies

'Tis the season for baking. And if you're stumped on how to make some healthier holiday treats, here is a good start. Almonds are full of good fats. And remember, try to eat just a few!

3 1/2 cups almonds
1/2 cup pure cane sugar
1 Tb. Lemon zest
1/4 tsp. Baking powder
2 Lg. Egg whites, beaten slightly
1/4 cup honey

Preheat oven to 325°F.

Pulse 3 1/4 cups (1 1/4 lb) almonds with sugar, zest, and baking powder in a food processor until finely ground. Add egg whites, honey, and blend just until dough forms a ball (dough will be very sticky).

Roll tablespoons of dough into 1-inch balls and arrange about 1 inch apart on 2 parchment-paper-lined baking sheets. Flatten each ball into a 1 1/2-inch round with moistened fingers.

Gently press a whole almond into center of each cookie. Bake in middle of oven until tops of cookies are light brown, about 20 minutes, then cool on baking sheets on racks.



Enjoy an almond cookie with a cup of hot tea!



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