



## Sensible Goals are Key to Resolution Weight Loss

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Over the holidays, we tend to overindulge in every way: eat more goodies, drink more alcohol, and pile a few extras onto our plate. So, once the New Year rolls around, I'm sure many of you are ready to get serious about health and weight loss. Once we have the motivation, it's easy to start. No matter what the reason, successful weight loss and healthy weight management depend on sensible goals and expectations. If you set sensible goals for yourself, chances are you'll be more likely to meet them and have a better chance of keeping the weight off. Here are some tools to help you get started in the path to a healthier you!

**Pick a specific goal.** You want to lose weight, but how much? For example, you would like to weigh what you weighed in high school (50 pounds lighter), but a good start would be to just take off 10 pounds. The goals you aim for don't have to be the be-all and end-all of your life, but they will help you get focused. Try to get specific.

**Pick a reasonable time frame.** Is your goal realistic for your time frame? You don't want to set yourself up for disaster and disappointment. About two pounds a week is reasonable. Any more weight loss than that is unrealistic. Most people lose more weight the first week because of water. Do not give up! A slower weight loss usually means a more permanent one.

**Tell a friend.** Telling a friend helps hold you to your goals and can help provide some driving motivation. If your goal is to do 20 minutes of exercise daily and you're not feeling up to it, a friend can be the one to help you get in gear. It's often more fun when you're exercising with someone else.

Cont'd on the next page.

### Setting Goals for the New Year!

- ? Be Reasonable
- ? Tell someone
- ? Be Specific
- ? Track your progress
- ? Make a plan

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## What to cook now: Try a Chestnut

Chestnuts are known as the nut of the holidays. Eaten roasted or boiled, this low fat nut is high in fiber and Vitamin C. Unlike traditional nuts, they have little fat, thus add a creamy texture to dishes without adding up in fat! Used traditionally in European cuisine, they are being found more often in American dishes. Often called the grain that grows on a tree, they are similar in nutrition as brown rice. 5 nuts contain 120 calories, 2 grams of fat, 2 grams of protein, and 4 grams of fiber. Because of their high carbohydrate content, ground chestnuts makes great flour. They are the only nut that contains Vitamin C. Compared to the same amount of cashews, you're saving about 15 grams of fat!

Chestnuts can be eaten boiled, roasted, pureed, ground, and even candied. An easy method for roasting is to cut a slit into the top of the nut and roast in a shallow baking dish at 400° for 45 minutes; adding a small amount of the water to the pan is helpful. Try the recipe on the next page.

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# Nutrition Counseling and Private Meal Service

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## Seasonal Recipe

### CHESTNUT AND KALE SOUP

1 1/4 cup cannellini beans  
1 large onion, chopped  
3 garlic cloves, finely chopped  
3 tablespoons extra-virgin olive oil  
1 (14-oz) can whole tomatoes in juice, drained, reserving juice, and chopped  
3 1/2 cups low-sodium chicken broth (28 fl oz)  
2 cups water  
1/4 teaspoon black pepper  
1 1/2 cups bottled peeled cooked whole chestnuts (8 oz), halved  
1/2 lb kale, stems and center ribs discarded and leaves torn into bite-size pieces  
2 teaspoons chopped fresh thyme

Cook onion and garlic in oil in a heavy pot over moderate heat, stirring occasionally, until browned, about 8 minutes. Add tomatoes with juice, beans, broth, water, and pepper and simmer, uncovered, until beans are tender, 30 minutes. Stir in chestnuts.

Transfer 2 cups soup to a blender and purée until smooth (use caution when blending hot liquids), then return to pot. Stir in kale and simmer, uncovered, stirring occasionally, until leaves are tender, 10 to 15 minutes. Stir in thyme and garnish with Parmigiano-Reggiano and salt and pepper to taste.

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**Make a Plan.** Design your program that fits your needs. The diet book business is a big one for one reason – because they give us plans. But too often, they don't fit our specific needs. Write out a day-by-day or week-by-week program that slowly but consistently increases exercise time or write a weekly menu when you write out your shopping list.

**Track your progress.** How do you know if you are accomplishing what you set out to do? By keeping a log or diary so you can see where your improvements and weaknesses are. A simple calendar or weekly planner will do. Write down what you ate for the day, how you were feeling when you felt like eating that chocolate bar, or how much activity you did. It's helpful and will help guide you along the way.

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Coming Soon!

Finger Lakes Fitness Center with Michele Wilbur  
presents:

### Weigh Less

An 8-week program with Lifelong Benefits.

**Are you...**

- ? Struggling to achieve your weight loss goals?
- ? Maintaining an active lifestyle through fitness and nutrition?
- ? Intent on improving overall health and wellness?
- ? Seeking a supportive setting in which to take part?

Call Renee at 256-3532 for more information.

### Nutrition Facts for Soup

Makes 8 servings.

Per Serving:

177 Calories  
6 grams fat  
5 grams protein  
24 grams carbohydrate  
1 gram fiber  
298 mg sodium



GreenCuisine

Eat well. Be well.