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## **Nutrition Notes – November 2008**

By Donna Wolf R.D. CLT

### **Holiday Survival 2008**

Some Straight Facts: over 64% of the U.S population is obese or overweight. Weight gain is preventable with small changes in calorie intake and increases in physical activity. Stopping weight gain is the first step to successful weight loss. The average annual gain for adults is 1-2 lbs. Over the Oct. - Dec. holiday season many put on 5-15 lbs. and struggle to take it off the next 6 months. A little preplanning can help you avoid this.

This holiday season enjoy the fall harvest fruits & vegetables. Pumpkin, sweet potato, squashes, apples and pomegranates, will add fiber, vitamins A, C, E, B's, potassium, flavinoids and other antioxidants to your diet. Spiked with cinnamon, nutmeg and allspice, for added flavor instead of sugar & fat, you can't beat them for flavorful nutrition. Use them in soups, salads, stews and desserts. Try applesauce or pumpkin in cookies and snack breads for holiday treats. Cut excess fat calories out of recipes, by cutting butter & oil called for in half. Cut sugar calories by using fresh fruit, and fruit juices, or purees. Appetizers are generally highest in calories along with alcoholic beverages. Stick with vegetable items, use dips sparingly and go easy on the cheesy/creamy items. Fill up on a healthy snack before attending social gatherings. Never go to a function hungry - it's an invitation to over consume.

For entertaining try spiced cider as a change for a beverage. Sparkling mineral water with cranberry juice and lime is a holiday alternative to alcohol, as is the MonaVie fruit juice beverage. To cut calories & highly saturated fats, try vegetarian recipes or substitute veggie burgers, turkey dogs, and flank steak, for meats like ribs, chicken wings & hot dogs.

With a little mindfulness, holiday eating can be healthy and enjoyable.

Happy Holidays!

For more information call Donna Wolf R.D. at Healthy Directions of Poway at 858-335-2140 and visit our website: [www.healthydirectionspoway.com](http://www.healthydirectionspoway.com).