



# Linda Fiveson

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**JANUARY 2013**

## Recipe of the Month

### Roast Veal with Sauerkraut

#### Roast Veal Ingredients

3 - 4 lb boneless veal roast  
6 cloves of garlic, peeled  
8 tablespoons yellow mustard  
2 tablespoons fresh sage  
1/2 teaspoon black pepper  
1/2 teaspoon ground coriander  
Salt to taste

#### Roast Veal Directions

Rinse veal roast and pat dry. Put mustard, garlic, sage, pepper, coriander and salt in food processor and puree until well blended. Spread mixture on all sides of meat and let it marinate for about 45 minutes. (Can be covered and left in refrigerator overnight.) Preheat oven to 375°. Place on rack in baking pan and cover loosely with foil so top doesn't burn. Bake for approximately 3 hours and remove foil. Bake another 15 minutes uncovered until top is well browned or 30 minutes if you like it charred. Remove roast from oven and allow to sit 15 minutes before slicing. Delicious served with sauerkraut recipe below.

#### Sauerkraut Ingredients

6 - 8 cups sauerkraut (no sugar added)  
1 large apple, cored and sliced  
1 small onion, sliced thinly  
3 tablespoons sugar free Maple Syrup  
2 teaspoons Splenda

#### Directions for Sauerkraut

Put sauerkraut in stockpot with its juice. (Do NOT drain) Add apple, onion, sugar free syrup and Splenda stirring mixture to distribute ingredients. Cover and simmer on low flame for approximately 30—45 minutes. Serve warm or at room temperature.

More recipes on website.

## You Made the Resolution. What Are You Going to Do Now?

The most popular resolution people make for the New Year is losing weight and getting in shape. Year after year, it's at the top of almost everyone's list and chances are, you've had it on your list on one or more occasions too. On December 31<sup>st</sup> we enthusiastically proclaim that this is it. "We're going to do it THIS time." "No more fooling around." Then, just a short time later we're back to where we started. Why do we keep resolving to do the same thing when we can't seem to accomplish it?

Scientists have studied food behaviors for years. They've provided statistics and published reports that document their findings and tell us how people lose and gain weight. The concept of weight loss seems so easy, doesn't it? So, why do you suppose the process isn't easy for most of us at all? Talk shows and magazines feature success stories every day. Everyone, from our next-door neighbors to top celebrities is excited to show off their new bodies and tell us what worked for them. We sit there dazzled picturing our changed bodies and changed lives. "YES," we promise ourselves, "this time will be different." "I'll be good." "I won't cheat." "I will be beautiful...healthy...happy... successful..." Why is this time going to be different for you? What is your plan?

It's January 2013 -- a new month and a new year. It's also a new opportunity to make positive changes. New Year's Eve might be fading into a memory already but don't let your resolution fade away with it. You haven't failed if you haven't started yet. In fact, you haven't failed if you have stumbled.

If you take this one step further *resolve* is a combination of two words – the prefix “re” and the word “solve.” In other words – or my words, at least, *resolve* (*re-solve*) also means to solve again, to find another solution, to try to do it another way... Don't let setbacks set you back. The dictionary's definition of the word *resolve* is “to come to a definite or earnest decision about something.”

One of the main obstacles to successful weight loss is the way we think about it. We start estimating how long it will take and what foods we'll have to give up. We're impatient and we hate feeling deprived. We just want to lose the weight and be done with it. We don't give enough thought to how we're going to achieve the goal to become thin and we give even less thought to what will happen once we do get there! Instead of looking at weight loss as a process, we see it as a project – one we're going to suffer through until it's over. We forget that there are two components to weight loss; losing the weight and maintaining it.

Do any of us really believe that when we're thin we'll be able to go back and eat all the “sinful foods” which made us fat in the first place? No – BUT as smart as we are, and as educated and consumer savvy as we may be, many of us just don't think about “afterwards.” We don't do it on purpose; there just seems to be a lapse in our perspective. I think this lapse is part of the reason many people give up on their resolutions and don't follow through.

If you really want to lose weight and get in shape you have to dispel any myths you are holding on to. There are no magic potions or formulas to help you lose weight or keep it off. The power is yours alone and it is in direct proportion to your commitment to make lifestyle changes. I guarantee that the outcome will be a healthier and happier YOU no matter how many resolutions you have or have not made in the past. This can really be IT! Believe it!

Once people understand that weight loss and maintenance are an ongoing process it is easier to accept and adhere to. There's no more rush to get it over with because they understand it is a continuing process. It's easier now to buy into a whole new set of tools, recipes, foods and exercise regimes. They lower their resistance and start embracing the changes. Habits aren't always easy to break but when we know there are viable replacements we're more open-minded.

In my practice as a nutritionist, I counsel people in weight loss strategies and ways to develop healthy eating habits. It's not just “second nature” so don't give up if you are confused or unsure of the next step. You are not alone; many of us need guidance. Did you know that people who have support usually have better long term outcomes? It doesn't have to be formal. You can partner with a friend, family member or someone you met at the gym – anyone who will support you and perhaps, even join in your endeavor.

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# True or False?

How much food trivia do you know?

## Fiveson's Food

Over 100 menu choices! New items added often!  
Formulated from Linda's "own" personal recipes since 1989.

**NO sugar, NO flour,  
NO gluten,  
NO refined carbohydrates**

1. Non fat milk has fewer nutrients than whole milk.
2. Drinking ice water burns more calories than drinking water at room temperature.
3. To maximize non-fat powdered milk's shelf life it can be frozen.
4. Tomatoes were once considered poisonous.
5. Lobster tails are not really lobsters' tails.
6. Crash diets are the best choice for quick weight loss.
7. Basting is another word for braising.
8. When we cook something with a liquid just below the boiling point we are simmering it.
9. Bazooka was the first bubble gum on the market.
10. There are 3,500 calories in one pound.

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Start making lists of your questions and goals and get used to writing down the food you eat because it's the best way to keep track. You might want to include when you ate and how you were feeling at the time. In other words, were you hungry or did you grab something because you were irritated or upset? Keeping a food journal gives us good insight into our eating habits and shows us what we need to change as we move forward. It keeps us aware of the connection between food and weight. Remember, we are what we eat!

The best place to begin is where you are NOW. Look at your goals and use them to make a plan of action. Think about why you want to lose weight. Is it because you will have more energy and be less lethargic? Do you want to feel better or look more attractive? Try to be as realistic and specific as possible. When goals are measurable they seem more "do-able."

Learning to think ahead teaches us how to be prepared for all kinds of blunders and temptations. Having healthy snacks available when you need to grab something will decrease the possibility of making a poor choice. Leaving home with a water bottle

will keep you hydrated and make you feel less hungry. You'll discover new recipes and realize "healthy foods" can be delicious, satisfying and desirable. As you go along, these lifestyle changes will become easier and more comfortable. I am sure you'll even come up with some of your own "tricks and treats."

It might all start with a resolution but do you see how it can be an evolution too? How the changes we make can change us? Maybe you'll have a new list when New Year's Eve comes again but this year has just begun. You made the resolution. What are you going to do now?

**You don't have to be a client to eat healthy and enjoy it!**

**Fiveson's Fabulous "Fake" Foods are manufactured and distributed exclusively by Linda Fiveson - Syosset, N.Y.**

*"We forget that there here are two components to weight loss; losing the weight and maintaining it."*

~ Linda Fiveson



## Linda Says

*"If you keep track, it is less likely that you'll slide back."*



*Do you have a question or suggestion? A personal strategy you'd like to share? Send it to us and we'll consider it for a future edition!*

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