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Linda Fiveson



HEALTHY HOLIDAY STRATEGIES

by Linda Fiveson

Isn't it amazing how the Holiday Season has snuck up on us "again"! Gift lists, guest lists, food lists, party lists, and we still have to keep our normal routines amid all of the anticipated frenzy soon to come.

I bet the most important list that we all obsess over is the one with the "HOLIDAY FOODS" that we will be serving? Over-feeding seems to be the common denominator when it comes to these festivities.

Why is "indulgence" better? How did stuffing ourselves until we can't breathe become the NORMAL way to eat during the holidays? Of course gaining weight is a guarantee as well.

Then comes the dreaded New Year's resolution to lose the weight. It's the same viscous cycle; why not be different this year? Since it's still early to plan not to gain weight, here are some ideas to help you plan your "healthy holiday" season.

Plan your strategies... Yes, I mean plan. Think some positive thoughts that may help you and even write them down; keep them visible while you are cooking. A strong attitude will help you resist the urge when you feel yourself getting distracted in the presence of those delicious smells and beautifully presented platters of food.

Remember a thought can just be that... a thought. Don't turn it into an action. Here are some rules to insure a "healthier holiday season" this year.

Don't use your hands to take that "one" bite... (you know, that ONE doesn't count and two is too many). And remember, your hands don't have a stomach, so they never get full!

Anytime you have hear the little ventriloquist in your mind negotiating with yourself about "if" you should or should not have a little taste "DON'T".

You know what tastes like; you've had it before,

If you have one, you'll only have more...

Make sure you have some foods available that are healthy for you.

You deserve delicious choices too!

If you don't prepare for yourself no one else will!

REMEMBER THIS:

If you have to think twice...DON'T!

If you think you'll have just one.....

YOU WON'T!

DON'T put off till tomorrow what you can do TODAY!

Remind yourself that certain foods are "NON-NEGOTIABLE"!

Change your mindset, stay focused and strong,

And know that your hunger will not last for long.

Keep your thoughts positive and soon you will find

By changing "I Can't" to "I Can" You will get a strong peace of mind.

BUT IF YOU DON'T:

Your "peace" of mind will be gone with one little piece.

The happy, comforting mind-set will immediately cease!

Back are the thoughts of obsessing with food.

They've taken your smile to a more sour mood.

Look what just happened in a 1 minute flash,

Happiness can be gone in a second Unless YOU make it last!!!!

Think about what's important rather than the food on that plate,

And make this year a holiday happier And it won't be about your weight!

NOVEMBER, 2009

Very Healthy Party Platter



INGREDIENTS

PROTEIN

scallops

Shrimp (cleaned & deveined)

mari rings

cutlet (sliced to make it look like tenders)

Sea

Cala-

Chicken

VEGETABLES

Spanish onions (sliced and separated into rings)

Zucchini (sliced lengthwise into sticks)

Mushrooms (sliced about 1/4 " thick)

Baby Eggplant. (peeled, sliced into round 1/4 " round disks, soaked in water for an hour to remove the bitter taste)

Pre-heat oven at 375. Prepare cookie sheets by spreading a thin coating of Olive Oil or Sesame Oil with a paper towel.

(this method keeps the fat content

Minimal and it spreads evenly on the cookie sheet.

DRY RUB INGREDIENTS

1 envelope of non-fat powdered milk

1 tablespoon Onion powder

3 tablespoons minced onion

6 tablespoons granulated garlic

1 pinch Cajun spices (optional)

1 teaspoon Salt

1 teaspoon Pepper

3 tablespoons Paprika

Mix all of the above ingredi-

ents together with a wire whisk.

powder



ents together

NOW WE BEGIN:

Beat the 3 eggs and 3 egg whites with a wire whisk

And begin dipping all of the ingredients into the egg Mixture.

After you coat each piece with the egg mixture, dip the pieces into the dry rub mixture and place on the pre-coated cookie sheet.

Keep the protein separate from the vegetables; they may

THANKSGIVING IS COMING!

Find the words listed below. They can be up or down, backwards or forwards or on a diagonal in either direction.

E Z Q E E P H D G H P X V I H
 H F S U E U P T I O U L Q T O
 G V J I N T X U J N V T E A S
 U J S D N E I R F N N B F H P
 L C Y T H A N K F U L E J O E
 P I R R U U I E E N A O R G H
 H T E A E F Q Y U S A T R S L
 A G W D N B F K T E I A P Q P
 R J O I O B M I G O V I J U F
 V S L T A S E E N Y L I M A F
 E X F I Q Y G R V G Q P L S P
 S R Y O L D A T R O K L F H A
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- | | |
|-------------|--------------|
| CRANBERRIES | PILGRIMS |
| DINNER | PORTION |
| FALL | PUMPKIN |
| FAMILY | SQUASH |
| FEAST | STUFFING |
| FRIENDS | THANKFUL |
| GRAVY | THANKSGIVING |
| HARVEST | THURSDAY |
| MAYFLOWER | TRADITION |
| NOVEMBER | TURKEY |

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CHOOSE FROM:

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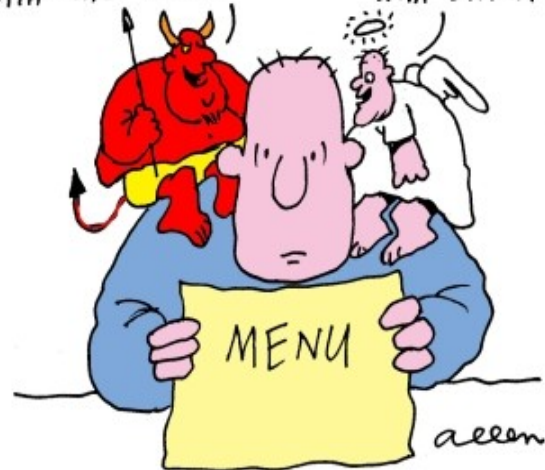
CONSULTATIONS

by appointment only!



Linda Says...

GO FOR THE PIZZA WITH THE LOT!
 NO...NO...THE GIANT BURGER WITH EXTRA FRIES..



Plan your strategies and **DON'T** listen to the voices in your head!!

Original comic from cartoonstock.com

Do you have a question or suggestion?
 A personal strategy that you use?
 Please let us know—we'll consider it for a future edition!
 You may send an email to:
lindafiveson@yahoo.com

PLEASE VISIT MY WEBSITE:
<http://www.lindafiveson.com>