

LONG ISLAND WEIGHT COUNSELING, INC.



Linda Fiveson



Linda Says...

"In your mouth,
On your thighs..."

THINK

be-
fore
you
eat!



HELPFUL HINTS

(to get you started and keep you moving...)

Don't grab and go!

(or have something healthy ready!)

Just say, "NO!"

(to food, others AND yourself!)

Think BEFORE you take.

(you might not take at all!)

Make substitutions.

(All foods are NOT equal!)

Savor every bite.

(Eating slowly makes you feel fuller.)

Sweets are NOT treats!

(If they have refined carbohydrates)



Healthy Holidays

The holidays are around the corner; Thanksgiving, Christmas and Hanukah. Perhaps you've even already begun to think about resolutions for the New Year. Did you know that the number one wish is to lose weight because the average weight gain during holiday time is 7 - 10 pounds? WHAT if you start to think about it now BEFORE celebrations actually begin? What can you do differently?

Obesity is on the rise in children as well as adults. We read about it frequently in the Newspaper and hear about it on TV. The reality is that fast food and snacks are too available and relied upon as a quick fix for all our ills. We live in a "Grab and Go" society. At holiday time sugar cookies, chocolates, candy canes and the like are set out on plates in our homes, places of business and stores where we shop. Our hands seem to reach out and pop a "treat" in our mouths without our even realizing that we have chewed and swallowed it!

The first thing we have to do is to change our way of thinking about food and being satisfied. Sweets are not treats at all; they make us feel sluggish and bloated and give us reasons to feel like we have to diet! Think about it a moment - if we didn't eat it, we wouldn't have to beat it! Am I saying you should deprive yourself? Absolutely not! However, it is perfectly acceptable to refashion your thoughts and learn to make substitutions. There are many healthy and delicious choices you can make. You can even exchange fat and sugar laden ingredients with more healthful ones and still enjoy a favorite recipe.

For children it is a little harder and depending on whether they have weight issues or not, my recommendations vary. Rather than give up everything they love and look forward to on the holidays, our job as parents and grandparents is to teach them to modulate their eating and perhaps, cut back on the amounts instead of giving them up totally.

In addition to snacks and finger foods there are many holiday meals we often look forward to. Some of us even starve all day or prac-

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tically for days prior to it, feeling this gives us the right to gorge on these specialty meals.

What ends up happening is we feel sick! Think about balancing your meals with a physical activity. You can play a family game that involves some type of exercise. This can be as involved or as simple as you want. The idea is to move! Try jumping Jacks for five minutes!

When you are at the dinner table, I suggest you think before you take... Use the 2 for 1 rule and serve yourself twice as much vegetables as protein. Try putting gravies and sauces on the side as dips rather than pouring them on your food.

Children learn from our example. They are much more inclined to do what they see us do than what they hear us tell them to do. That is an important lesson to remember!

The holidays should be enjoyable and not a reason for added stress. If you eat sensibly now, it will be less work later. If you want to give your kids the best gift, think about giving them health awareness and the choice to become a healthy adult. Now that will be something to be thankful for!

VEGETABLE STUFFING

INGREDIENTS

- 2 c diced celery, with leaves
- 3 c non-fat low sodium chicken broth
- 1/2 c diced onion
- 1 T butter
- 2 c. diced carrots
- 2 c. broccoli or cauliflower florets broken into small pieces
- 3 eggs or 4 egg whites well beaten
- 1 T salt if desired
- 1 t black pepper
- 1/4 teaspoon each of sage and rosemary
- 1 pinch thyme



DIRECTIONS

1. Melt butter in saucepan. Sauté onion in melted butter until softened. Add celery, carrots and broccoli or cauliflower. Stir well and add 2 cups bouillon mixture. Bring to a boil. Cover and simmer for 10 minutes.
2. Combine eggs, salt, pepper, sage, thyme and rosemary in a mixing bowl. Add cooled off vegetable mixture. Mix thoroughly. Add more chicken broth for moisture of needed. Lightly grease a baking pan with butter. Spoon stuffing into pan and bake for approximately 45 minutes at 350 degrees. Remove when browned.

ORIGINAL
RECIPES
by
Linda Fiveson

Trivia Corner

Do you know as much as you think you know? Check answers below!

- Regular canned soups average about how much sodium per serving?
a) 50 milligrams b) 500 milligrams c) 1,000 milligrams
- Buttermilk contains about the same fat and calories as what other dairy product?
a) 1% milk b) Whole milk c) Sour cream
- What's the maximum healthy waist-to-hip ratio for women?
a) 2.0 b) 1.4 c) 0.8
- Who said, "I never worry about diets. The only carrots that interest me are the number you get in a diamond."
a) Mae West b) Marilyn Monroe c) Elizabeth Taylor
- As we cut fats in the 80's and 90's, what happened to our total calorie intake?
a) It decreased b) It increased c) It stayed the same
- Is it necessary to wait after eating to go for a walk?
a) Yes, 1 hour b) Yes, 3 hours c) No, walking aids digestion
- About how much fat does dark meat chicken have compared to light meat chicken?
a) The same b) Twice as much c) 20%
- Which canned food contains the most sodium?
a) 1 c. vegetable cocktail juice b) 3 oz. red salmon c) 2 c. sliced peaches

WISHBONE



Do you believe your wish will come true when you win the break in a wishbone contest? This custom began with the Etruscans all the way back in 332 B.C.

In those days, when a man wanted an egg he waited for the hen to announce the coming of her product. This made the animal mystical in that it could tell the future and that led to what became known as the "hen oracles".

If you lived back then, and wanted to receive an answer to an important question from these oracles, you would draw a circle on the ground and divide it into the twenty-four letters of the alphabet. Grains of corn were placed in each section, and the cock or hen was led into the circle and then set free. It was believed that the fowl would spell out words or symbols by picking up kernels of corn from the different sections. For example, the first letter of a future husband's name would be the first kernel of corn picked. After writing the message, the fowl was sacrificed to a special deity and its collarbone was hung out to dry.

First, people got to make a wish on the bone. Then two other people got a chance to make a wish by snapping the dried bone in the same way we do now, with each one pulling on an end. The person who ended up with the larger end of the bone got the wish and it became known as a "lucky break."

The Romans brought the wishbone tradition with them when they conquered England, and that's how we got it.

FIVESON'S FOOD!

Tastes absolutely fabulous!
FREE of gluten, sugar, flour and preservatives!

Formulated from my "own" personal recipes since 1989

CHOOSE FROM:

Assorted blintzes, muffins, breads, pancakes and cheesecakes, steak, chicken, turkey, veal and seafood entrees, various soups, squash fries, turnip latkes, soufflés and other vegetable dishes, mousses, custards, puddings, cakes, cookies, and fruit options...

Over 100 menu choices! New items added often!

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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:

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ANSWERS TO TRIVIA
1) c) 2) a) 3) c) 4) a) 5) b) 6) c) 7) b) 8) a)