

LONG ISLAND WEIGHT COUNSELING, INC.

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Linda Fiveson



Linda Says...

Make a commitment...
Say what YOU
are going to do
THEN
Do what YOU say
YOU are going to do!

DON'T BE A FOLLOWER.



By Changing Your Thinking

By Changing Your Thinking,
You change your beliefs;
When you change your beliefs,
You change your expectations;
When you change your expectations,
You change your attitude;
When you change your attitude,
You change your behavior;
When you change your behavior,
You change your performance;
When you change your performance;
You Change Your Life!



WHAT will You and Your Children Pick and Eat?

Remember "TRICK OR TREAT"? Those words bring back memories to me of many Halloweens' past – my own as a child and later, my children's, otherwise known as "mine" as an adult!

As we walk through the stores this fall season, we see a variety of costumes hanging on display, begging us to buy. In these days of disposability, who would even consider wearing the same disguise two years in a row? Or making a costume at home? It's easy to recall the excitement of Halloween, but in years back, there seemed to be much more buzz about who collected the most candy or what would be inside the goody bags. Thinking back, it surprises me that I didn't sample all my private stash while I walked from house to house. Instead, I patiently waited until I returned home and then, my Halloween ritual would begin. I'd carefully open each bag and pour its contents on the counter. Then, I would begin to sort them into candies I loved and couldn't wait to savor, candies that were passable and I'd eat "just because" and candies I hated and hoped someone would trade one of theirs for...?

Though I like to believe that times have changed and Halloween is much more about custom and costume than candy, the news out on the street says that since there is an epidemic of childhood obesity, we need to re-think the messages we are giving our children! Even schools across the country have become involved; limiting the availability of food items sold on premises and brought in from home for snack time.

I'd like to tell you to give out apples or oranges to children ringing your bell for collection. However, in this day in age we need to think about safety and security in addition to health. So, I am going to suggest small change or little toys or a candy that doesn't "call your name" (if one exists) – anything that will not entice you to dip your hand in the bowl and have it detour to your mouth!

Yes, those children are looking for treats. You can't trick them but you shouldn't trick yourself either. Sugar is addicting. It is a known fact. People like us can't just take one bite or one taste. It leads to the next and the next and the next... Before we know it we've gone overboard and become totally disgusted and discouraged. When we feel hopeless, food becomes our hope...but only for the minute!

How well do you know yourself? Well enough to put strategies in place before making blunders? Well enough to practice abstinence? Are you able to recognize that this is the only sure way to prohibit weight gain and preserve your self image and? To motivate and maintain weight loss?

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Think about ways you can avoid being snagged by the lure of Halloween. If you are determined to give out candy to the trick-or-treaters, it may be a good idea to buy the candy that same day or the day before rather than have it tempting you for weeks or seriously purchase types that least appeal to you. Have a plan ready to discard the leftovers so you don't keep them around. You will also have to deal with the problem of collected candy if you have children who trick or treat. This can be an important learning experience for all. Even if children don't have a weight problem, it is a good idea to teach them healthy eating habits from the start. I am not telling you they should not have any candy but that the quantity should be monitored. You may want to have them select some favorites and give away (or throw away) the rest. If their candy is a temptation for you, maybe they can hide it in their rooms. No matter what option you elect, it should be one that works in your favor!

Candy may taste sweet but it doesn't make us feel too sweet when we see the numbers on the scale rise or feel the waists of our pants getting snug. In reality, "nothing tastes better than being thin feels." I have said this many times over the years yet I feel the need to repeat it often, like a mantra. As I said earlier I have many memories of Halloweens past. I also have memories of who I was then and I would never trade that for who I am now. I wish the same for all of you, that you find there is no sweetness like the treat of becoming and staying thin and healthy! ONCE AND FOR ALL!

BAKED STUFFED PUMPKIN

Ingredients

5 small pumpkins, washed
1 can Solid Packed Pumpkin
1 jar natural no sugar added applesauce
1 tsp vanilla extract
1 tsp ground cinnamon
Artificial Sweetener if desired



Directions

Wash and steam whole pumpkins. Remove from water and let cool. Slice off the tops "jack-o-lantern" style. Scoop out seeds and discard. In a bowl combine canned pumpkin with other ingredients and mix well. Spoon into pumpkin shells. Replace the lids and bake in oven' heated to 400 degrees for approximately 20 minutes or until the filling is hot.

ORIGINAL
RECIPES
by
Linda Fiveson

A GUIDE TO COMMON SQUASH VARIETIES



ACORN: A moderately sized variety almost always available in supermarket bins even in the summer. The flesh can be watery; prolonged cooking concentrates the flavor.



BUTTERCUP: An old-fashioned squash with a characteristic little cap at the stem; full of natural sugars and fiber, a delectable treat in midwinter.



BUTTERNUT: Perhaps the most versatile winter squash, sweet and light when cooked but also substantial—thus able to stand up to both long cooking and quick sautés.



HUBBARD: Available in blue or gold varieties with somewhat warty skins. Ranges in size from 5 to 40 pounds; perfect cubed and roasted or for purées.



KABOCHA: Actually a name for a set of squash varieties from Japan with consistently deep, honey-scented flavors.



RED KURI: Now sometimes called "red curry," a relative of the kabocha with many seeds, less meat and with a deep, pear-scented taste.



SPAGHETTI SQUASH: Oblong and mild in flavor, when cooked its flesh yields myriad threads, sort of like little spaghetti strands, best removed with a fork.

Trivia Corner

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

- Where do our bodies store sugar?
a) In fatty tissues b) In vital organs c) in muscles
- What are lactose, dextrose and fructose?
a) Milks b) Sugars c) Artificial Sweeteners
- What dish do you get when you combine eggplant, onions, tomatoes and zucchini?
a) Succotash b) Pot-au-feu c) Ratatouille
- Who said, "If the doctors of today will not become the nutritionists of tomorrow, the nutritionists of today will become the doctors of tomorrow?"
a) Thomas Alva Edison b) David Kessler c) Jane Brody
b)
- Which salad green gives us more protein, fiber and potassium than any other green?
a) Dandelion b) Escarole c) Watercress
- How many tastes do humans crave?
a) Two (sweet & salty) b) Five (Sweet, sour, spicy, bitter, salty) c) None (tastes are acquired and vary by culture)

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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DELIVERY AVAILABLE - CALL FOR



JUST DO IT!

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

Words from the wise...