

**EAT IT,
BURN IT**
GIVE HOLIDAY
CALORIES
THE BOOT!

**HEALTH
FOOD
OBSESSED?**

6

QUESTIONS TO

GIFT IDEAS
**UNDER
\$30**

eat well

ASK THE DIETITIAN

By Marlisa Brown MS, RD, CDE, CDN

I'm tired of yo-yo dieting and failed New Year's resolutions. How can I approach dieting healthfully in 2009?

Every year as January 1st rolls around we stand ready with our list of resolutions. When it comes to changing eating habits keep this in mind: Healthy eating isn't a diet, it's a way of life. Setting realistic goals is key to staying on track. Here are a few tips.

★ If you have setbacks forget about them and start again.

★ Find a plan that you can live with.

★ Incorporate healthy habits everyday: drink a lot of water, eat small meals and snacks throughout the day, include more veggies and fruit, add more fresh fish and lean protein, use only whole grains and try not to add too many processed foods to your meal plan.



Marlisa Brown MS, author and President to *Wellness Magazine*

5 SLIMMING HOLIDAY INDULGENCES

The average American gains 3-10 pounds over the holiday season. With 36 days—Thanksgiving to New Year's Day—all you have to do is eat an additional 300-1000 calories a day to pack on those pounds. Making good choices can help keep your weight stable.

- 1. Choose:** 3 ozs. shrimp cocktail over 3 ozs. fried shrimp. **Save:** 146 calories; 11.5 grams fat.
- 2. Choose:** 1 oz. fat-free cheddar over 1 oz. regular cheddar. **Save:** 72 calories; 9 grams fat.
- 3. Choose:** 2 tbsp. fat-free dip and 1 cup carrots over 2 tbsp. onion dip and 10 potato chips. **Save:** 157 calories; 15 grams fat.
- 4. Choose:** A low fat brownie instead of a piece of layer cake. **Save:** 135 calories; 10.5 grams fat.
- 5. Choose:** 1 cup fat-free eggnog over 1 cup regular eggnog. **Save:** 330 calories; 18 grams fat.

Follow these guidelines and celebrate the season with a savings of 840 calories and 64 grams of fat!

MARLISA'S PICK

Think Organic raw fruit and nut bars are the brainchild of former fashion model, Lizanne Falsetto. They are vegan, gluten free, soy free, dairy free and have no added sugar. With only 150-160 calories and 0 grams of trans fat per bar, they make a yummy snack choice. In chocolate coconut, cherry nut, apricot coconut and cashew pecan. Available in supermarkets, health food stores, or at thinkproducts.com.

