

KM Nutrition SideDish

December 2007 E-newsletter

Welcome to the first edition of my e-newsletter. The theme for this newsletter is holiday season food & drink. I hope you can get some ideas for enjoying your favorite holiday foods while trying to avoid the dreaded weight gain! It is perfectly normal to do some indulging during the holiday season. I personally love all the comfort foods and warm drinks during the winter and holiday months but I also realize I have to try my best to balance that with staying physically active. I hope that this newsletter will give you ideas for balancing your favorites during this holiday season.

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Can Weight Loss Stop Type 2 Diabetes?

If you have fasting blood sugars in the range of 100-125 or random blood sugars between 140 and 200 then you have prediabetes. What does that mean? The good news is you do not yet have diabetes but your body is not quite able to keep your blood sugars in the normal range. You can prevent or delay Type 2 diabetes with lifestyle changes. Results from the Diabetes Prevention Program show that slight weight loss and regular exercise can reduce the chance of developing Type 2 Diabetes by 58%. These changes sound easy but we all know that changing our eating and exercise habits are difficult. If you are in this situation take advantage of the holiday discount and sign up for one of my *Melt Down the Pounds* weight loss programs to help you reach your goals!

100 Calorie Holiday Portions

Did you know that if we eat 250 extra calories a day we could gain about ½ pound per week? If we let that happen every week we end up with 25 extra pounds in a year! Yikes! But think of this in a positive way and every 100 extra calories we cut out will help us lose weight. Here are some common holiday foods listed in 100 calorie portions to help you control unwanted weight gain.

Butter	1 Tablespoon
Dinner Roll	1 Roll
Ham Baked	3 oz (deck of cards)
Turkey Roasted	2 ½ oz
Mashed Potatoes (with milk/butter)	1/3 cup
Gravy Homemade	¼ cup
Cranberry Sauce	¼ cup
Scalloped Corn	¼ cup
Green Bean Casserole	½ cup
Pumpkin Pie	half of 1/8 of pie piece
Apple Pie	a third of 1/8 of pie piece
Wine	4 oz glass
Beer	12 oz Light Beer
Liquors	1 shot (1 ½ oz)
Soda Pop	8 oz
Raw Veggies	4 cups
Veggie Dip	3-4 Tablespoons
Snack Crackers	7 crackers
Wheat Thins	11 crackers
Cheese Ball	2 Tablespoons
Egg Nog	¼ cup

High Energy Hot Drinks: Compare your options!

Did you know that your Latte could have almost 300 calories? A cappuccino might only have about 100 calories. Whipping cream on your mocha adds about 80 calories. Flavored coffees and teas without milk or cream have 0 calories. If you like the creamy flavor but don't want the calories consider asking for your coffee drink with low fat or skim milk and skip the whip cream topping. A hot chocolate drink made with skim milk instead of whole milk saves you 90 calories! Enjoy your hot drinks during the holidays in a lower fat version – you may need to adjust to the taste but you won't miss the calories.

Quick Lunch Idea

No time to make lunch? No leftovers? Tired of sandwiches? Try this quick lunch idea . . . Grab some tortilla chips and salsa, add a piece of fruit and you have a quick, healthy, and tasty lunch. For 400 calories you could have 2 ½ ounces baked tortilla chips, ¾ cup salsa and 1 medium apple, orange or other piece of fresh fruit. If you go with regular tortilla chips (not baked) just decrease the portion size to about 2 oz to stay close the 400 calories. Be sure to look at the Nutrition Facts label to see how many chips equals a one-ounce serving.

Restaurant Food Find

When you are busy shopping and getting ready for the holidays there isn't always time to plan meals and you may end up eating out more frequently. Each month I hope to share a healthy restaurant meal I have tried. I recently went to TGIFridays for lunch to try one of their smaller portioned menu options. The Cedar-Seared Salmon on Field Greens is fabulous! I have not been able to get calorie information on this menu item but salmon is rich in omega-3 (which I will have more info on in upcoming newsletters) and the greens and mushrooms are of course rich in vitamins as well. If you are looking for smaller portion restaurant options to control calories TGIFridays Right Portion Right Price options are a great choice.

Special Holiday Offer for Online Weight Loss Programs!

Good thru Jan 31st

Purchase either the email or phone based *Melt Down the Pounds* Program and get a month of *Go Long* maintenance free! So, for example, if you start Feb 1st you will have completed the program, have done one month of maintenance, and will be feeling great about your weight by summer!!

If you have a topic you would like to see in the newsletter or if you have questions about the programs [contact Karen](#)