

MINUTE NUTRITION NEWS

December 2013

Survival Tips for the Holidays

With the holidays just around the corner, now is the best time to prepare yourself for upcoming social gatherings. Here are nine healthy eating tips to get you through the holiday season.

1. Don't arrive to parties hungry. You will likely overeat if you arrive hungry. Make sure to eat a balanced breakfast with at least 3 food groups and healthy snacks if needed to last you until your dinner or social event.



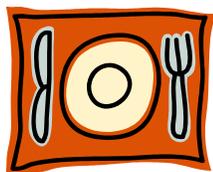
2. Sit far away from the food. You will likely eat more if the food is nearby and easy to grab. Make overeating a hassle by sitting further away. For snacks, take only one piece of food each time so you have to take extra effort to walk back if you want more.

3. Beware of calories in your drinks. If you are drinking alcohol, beware of how many drinks you are having and avoid topping up your glass before it is empty. One small glass (125mL or ½ cup) of red wine contains 90 calories and a bottle of beer (5% alcohol) contains 140 calories. Replace or alternate your alcohol with healthier options like water, 100% juice diluted with soda water, or water with low calorie flavouring agents.



4. Start your meal with high volume foods. Your stomach feels full based on the weight and volume of the food you put in it. Eating high-volume foods that are low in calories can give your stomach the satisfaction of being full. Start your meals with these foods like whole veggies and fruit to avoid overeating on higher calorie foods.

5. Watch your portions on fatty foods. Fat is the nutrient that contains the most calories. Cutting down a small amount of each fatty food on your plate could mean saving you a lot of calories. Fatty foods include turkey or chicken skin, sausages, gravy, creamy soups and dips, butter/margarine and dessert.



6. Use a smaller plate. A smaller plate gives the illusion that you are eating more. If you tend to finish all the food on your plate, this can help control your portion size.

7. Watch the order of food you put on your plate. Start by filling half your plate with cooked veggies and salad first before helping yourself to other foods. If you leave the veggies to the last, your plate may likely run out of room by then.

8. Use tall skinny glasses instead of a wide one. Taller glasses give the illusion of a larger size compared to wider ones. Research shows that you'll drink less from a tall skinny glass compared to a wide one.



9. Walk it off. Instead of sitting around after dinner, suggest going for a walk in the neighbourhood to enjoy the Christmas lights.

RECIPE OF THE MONTH

December 2013

Dark Chocolate Meringue Cookies



Makes about 4 dozen cookies

Time required: 1 hour

Ingredients:

- 1 cup egg whites (about 7) at room temperature
- 1 ½ cup sugar
- 5 tbsp unsweetened cocoa powder, sifted after measuring

Nutrition Facts (values are approximate)			
Per 1 cookie			
Amount	% Daily Value		
Calories 28			
Fat 0 g	0 %		
Saturated 0 g + Trans 0 g	0 %		
Cholesterol 0 mg			
Sodium 9 mg	0 %		
Carbohydrate 7 g	0 %		
Fibre 0 g	0 %		
Sugar 6 g			
Protein 1 g			
Vitamin A 0 %	Vitamin C	0 %	
Calcium 0 %	Iron	0 %	

**Recipe analyzed with www.eatracker.ca

Directions:

1. Preheat oven to 325°F. Line 2 baking sheets with parchment paper and coat with cooking spray.
2. In a mixing bowl, beat egg whites at medium speed and gradually add in sugar. Beat until the mixture turns glossy and stiff.
3. Sift in cocoa powder and use a spatula to gently fold mixture together until no more streaks are seen.
4. Using a spoon, scoop out small spoonfuls of the mixture and place them 2 inches apart on the cookie sheet.
5. Bake for 8 minutes. Rotate pans and bake for another 8 minutes. Let cook completely and enjoy!

Recipe adapted from <http://www.completelydelicious.com/2012/03/chewy-chocolate-meringues.html>

Got questions?

Meet the clinic's Registered Dietitian on December 5th, 2013
from 9 to 11 am during the recipe demonstration!