



December 2018



## HOLIDAY EATING 101

*RESOLVE TO WATCH YOUR DIET DURING THE HOLIDAYS. HERE'S HOW.*

You might be surprised to learn that the average American gains one to two pounds during the holidays. And those pounds tend to stick around – and accumulate – year to year.

The good news is it's not that difficult to avoid weight gain this season. It just takes some planning and, of course, a measure of self-control.

- **START THE DAY BY EATING A GOOD BREAKFAST.** You'll stay full longer so you're less likely to overeat later. In fact, don't skip any meals, and make sure what you're eating is high in fiber and low in calories.
- **TRY TO GET ENOUGH SLEEP DURING THIS BUSY TIME OF YEAR.** Fatigue makes some people crave sweets.
- **DON'T FORGET ABOUT EXERCISE.** Get out for a walk, ice skating or snowboarding, or stick to your gym routine. If you do overindulge, try to exercise a little more to make up for it.
- **PARTY SMARTER.** Party time can present some real challenges – like buffet tables full of temptation. Keep your portions small; load up on salad, fruit and vegetables. Wait to make sure you're really still hungry before going back for seconds.

## QUICK TAKES

### RESOLUTION REDUX

Here we go again: another year is coming to an end, with the promise of a fresh start come January 1. It's time for New Year's resolutions.

Many people make well-intentioned resolutions and set virtuous goals for themselves around the end of the year. It's almost an expected part of the holidays, right up there with midnight toasts on New Year's Eve. For most of us, however, those resolutions – so sincerely made, so seemingly do-able – melt away like a forgotten snowman well before spring.

Why is it so hard to keep our resolutions? Chances are, most of us are going about it all wrong. For the best chance of success, it's important to keep your goals on the smaller side. Instead of vowing to hit the gym at 5 every morning, break it down into something more realistic, like getting to the gym three times a week. Also, make sure you really care about the resolution you're making, and not just paying lip service to the idea of it. If you feel pressure from someone else to make an unachievable resolution, you're even more destined to fail. You have to *want* to do it – you have to own it.

Instead of trying to please others, ask them for their support as you work toward your goal. Don't beat yourself up if you hit a bump in the road; it's only human. And along that road, congratulate yourself as you progress.

If you're already resolving to resist the temptations of holiday foods, you'll want to keep reading this issue. We'll give you some entirely do-able pointers to help you manage the lure of party fare, baked goods, and other holiday treats.

## HOLIDAY EATING 101 (continued)

- **ENJOY THINGS IN MODERATION.** Concentrate on maintaining your weight rather than trying to lose. Save that goal for after the first of the year when the food-heavy festivities have ended.
- **LEARN HOW TO SAY NO.** Some people like to push others to eat and won't take no for an answer, no matter how politely you refuse the offer. And you might worry about hurting their feelings or making them mad. Don't succumb to the pressure; be firm yet appreciative. Typically, your "no" won't be as big a deal as you think.
- **ENJOY YOURSELF.** Spending time with family and friends, singing around the piano, and sharing stories and memories can fill you up in special ways – with zero calories involved.

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## QUINOA AND RED LENTIL SALAD

This colorful salad is perfect for a holiday potluck or buffet – a wonderful complement to some of the heavier foods served at holiday gatherings. Vegetarians will appreciate this healthy meatless option!

### INGREDIENTS

½ cup quinoa, well rinsed	2 tablespoons chopped cilantro
1 cup water	1 tablespoon seasoned rice vinegar
Salt to taste	
½ cup fresh or frozen edamame	2 tablespoons fresh lime juice
½ cup diced red bell pepper	¼ teaspoon cayenne pepper, to taste
½ cup red lentils soaked in cold water to cover for 2-3 hours and drained	1 teaspoon ground ginger
¼ cup chopped walnuts	1 tablespoon reduced-sodium soy sauce
	1 ½ tablespoons olive oil



### NUTRITIONAL INFORMATION

282 Calories  
12 g Protein  
12 g Fat  
1.5 g Saturated fat  
33 g Carbohydrate  
0 g Cholesterol  
11 g Fiber  
139 mg Sodium

### DIRECTIONS

1. Combine quinoa, water and salt in a small saucepan and bring to a boil over medium heat for 15 minutes or until quinoa has absorbed all the water. Remove from the heat, fluff, cover and let it stand for at least 5 minutes.
2. Meanwhile, if using frozen edamame, cook it, following the directions on the package.
3. In a medium bowl, toss together the quinoa, edamame, red bell pepper, lentils, walnuts and cilantro. In a small bowl, whisk together the rice vinegar, lime juice, cayenne, ginger, soy sauce and olive oil. Toss with the salad.
4. Refrigerate in a bowl or in small individual containers until ready to eat.

This will keep for 3-4 days in the refrigerator.