

Nutrition Tidbits



Thanksgiving:



*The Ultimate
Family
Meal
With
Family &
Friends*

NUTRITION SERVICES USING FLEXIBLE SPENDING

Flexible spending accounts, or FSAs, are accounts provided by most insurance companies that allow you to set aside pre-tax funds to pay for medical services. Some insurance companies cover nutrition counseling and some do not. For those insurance companies that do not cover nutrition counseling, FSAs could be utilized for payment. Most FSAs are set-up to where the funds need to be used prior to the end of the year. What a great time to make the commitment to a healthy new lifestyle.

Nutrition wellness packages can be purchased for a discounted rate. From now until the end of the year, we are offering discounts on already discounted package plans. Contact PNT today to get more information.

Enjoy Thanksgiving With Healthy Strategies

Oh, the joys of Thanksgiving! It is usually the official start of the Holiday season; that which is filled with shopping, parties, travelling and time spent with extended family. This is a wonderful time to build memories that last a lifetime, but it is also a high risk time of poor eating habits and weight gain for the average American. Stress, decreased physical activity and excessive calorie intake are some of the main culprits. Research suggests that holiday weight gain is the type of weight gain that tends to stay around for years.

Many clients that are being seen at PNT are nervous about the upcoming Holidays. They have made positive lifestyle changes and as a result, have lost weight, improved blood sugar levels and/or have lowered their cholesterol and blood pressure. Holidays can have a way of throwing all of us off our healthy lifestyle track. The good news is that this does not need to happen! There are many things you can do that will allow you to enjoy some of the pleasures that the Holidays

bring while also maintaining a balanced approach to your healthy lifestyle. Here are some survival strategies to help you stay on track through the Holiday season:

- **Avoid starving yourself in preparation for a party or get together.** This is a very common approach, but it is a guaranteed way to take in too many calories. Instead, strategize a plan so you can enjoy calorie-rich foods in moderation [see Thanksgiving Strategy on Page 2]
- **Maximize the veggie tray.** Most parties do have some lower calorie fare such as vegetable trays and salads. Load your plate with larger portions of these foods to keep your total calories in check.
- **Contribute the healthier dish.** If you need to bring a dish to a potluck party, bring a healthy dish to balance out the higher calorie choices. Most people that have healthy mindsets are very thankful for these

**** **ALERT!!** ****

DON'T FORGET YOUR FLEXIBLE SPENDING ACCOUNT (FSA) BEFORE YEAR'S END

SAVE UP TO 20% on nutrition packages using your Flexible Spending Account (FSA). Don't let that pre-tax money go away!! Invest in your health by seeing a Registered Dietitian (RD). Call for details!

THANKSGIVING DAY STRATEGY

Confidence is often earned by proper preparation. Strategize on Thanksgiving Day, so you can enjoy the wonderful foods of this great Holiday without feeling as if you have overdone it on calories. Remember Rule #1 - **DO NOT STARVE YOURSELF PRIOR TO THE THANKSGIVING MEAL.** Instead, follow this sample Thanksgiving Day meal plan that will allow you to enjoy the Thanksgiving meal without feeling like the stuffed turkey you are eating!

Breakfast: 2 slices whole grain bread, 1 T peanut butter, ½ cup orange juice

AM snack: ½ small cinnamon raisin bagel, 1 cup skim or soy milk

Lunch: 1 fajita (1 medium flour tortilla, ½ cup sautéed vegetables, 2 ounces chicken, ¼ cup salsa), 1 T guacamole, ½ cup pinto beans, 1 ½ cup strawberries

Pre-dinner hors d'oeuvres: 1 deviled egg, 1 cup of raw vegetables, 1 T dressing or dip

Thanksgiving dinner: 3 ounces turkey, 1/4 cup mashed or sweet potatoes, ¼ cup stuffing, green salad with 1 T dressing, ½ cup creamed spinach or green bean casserole, ½ small roll.

After Dinner Dessert: 1 small piece of pumpkin pie with a small dollop of whipped cream.

type of dishes. This also ensures that you have some low calorie choices to include with the higher calorie foods you plan to eat.

- **Be mindful of mindless eating and grazing.** Many people tend to eat in the absence of hunger during social situations because the food is simply there. Try and be extra conscious about why you are eating. It sounds obvious, but make sure you only eat when you are hungry and not just because the food is merely there in front of you. Go back to the basics.
- **Increase physical activity.** Who says time spent with family during the Holidays has to only involve eating and sedentary activities? Be the encourager of your family by suggesting a refreshing morning walk or even an after dinner game of hoops at a local park. Be creatively deliberate about staying active, which is sure to help avoid Holiday weight gain!

Diabetes Prevention and Treatment



PNT has a special program targeting diabetes, one of America's most deadly diseases. DAWN, which stands for **D**iabetes **A**wareness **W**ellness and **N**utrition, is an American Diabetes Association (ADA)- accredited 6 hour program for people that have pre-diabetes or insulin resistance, have gestational diabetes or Type 1 or Type 2 Diabetes. Classes are taught by a Registered Dietitian (RD) that is also a Certified Diabetes Educator (CDE). There are 2 sets of classes that are running between now and the end of the year that still have a few open slots:

November Class

11/1/08	9:00 a.m. - noon
11/8/08	9:00 a.m. - noon

December Class

12/6/08	9:00 a.m. - noon
12/13/08	9:00 a.m. - noon

Class binders and glucometers are included with program price. What a great program to arm you with vital skills just in time for the Holiday season! These classes fill quickly, so contact Debby Johnson at djohnson@foodtherapyrd.com for more information.



*Thank you for
your business
in 2008!*



Angela Lemond, RD, LD
Nutrition Therapist & Editor
Professional Nutrition Therapists