

The North Country's Premiere Nutrition and Diabetes Education Firm

“Empowering you to eat well, live well, and be well.”

Volume I Issue 3

Fall 2009 Newsletter

Hot Topics

- Travel tips for a healthy holiday
- Avoiding H1N1
- Holiday cooking healthified
- Workouts for the holidays

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Healthy Holiday Travel Tips

The holidays often mean traveling to visit family and friends. Not only does the actual traveling pose a challenge to our healthy habits, but spending time in unfamiliar surroundings or faced with party after party can really put a kink in those daily eating and exercise routines. So how do you face the challenge of holiday travel?

Pack healthy snacks. Whether you're flying or driving or taking the train, having healthy, travel-friendly snacks with you will help you avoid the urge to splurge on fast food, gas station fare or airport ice cream treats. Stick some baby carrots, granola bars, an

apple or some other favorite in your travel bag for a quick snack anywhere you go.

Prepare for stress. You know there will be some, so have a few strategies ready when it hits. Bring along a yoga video for some early morning relaxation. Spend 10 to 15 minutes a day stretching. Take a walk when you start to feel that blood pressure rise. Do what works for you, but don't let the stress bring on stress eating.

Take time to exercise. Don't forget to pack your workout clothes. When you get to your destination, put those workout shoes near the door. Fill up your



water bottle and put it in the refrigerator. Plan a workout (whether it's 10 minutes or an hour) into every day. Your mind and body will appreciate the effort.

Party smart. When you're headed to a party or social event where you know there will be food, have a game plan.

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Sweating the Holidays

It may not be Halloween yet, but the holiday season is fast approaching. The holidays may be a time for joy, family and relaxation, but they can also end up being full of stress, exhaustion and weight gain. So how's a person supposed to avoid

the negatives of the holiday season and enjoy the positives?

Exercise. That's right. Exercise is an excellent way to ward off stress, improve sleep quality and keep the pounds from packing on. I don't have time to exercise, you say.

But no matter how busy you are, the truth is that exercise is important, and it will help you make it through the holiday season happy and healthy.

(Cont'd on pg. 2)

H1N1 and You: Avoiding the Swine Flu

It's all over the news: H1N1, or the swine flu. The controversial vaccine will be available soon, but whether you decide to get vaccinated or not, there are plenty of ways you can protect yourself from H1N1 and other common fall and winter illnesses.

Know the Symptoms

The H1N1 flu may cause symptoms such as:

- Fever
- Cough
- Sore throat
- Runny or stuffy nose
- Body aches or headache
- Chills and fatigue
- Vomiting and diarrhea

It is possible to have the H1N1 flu without a fever. So now you know what H1N1 looks like but how can you avoid getting it?

Protect Yourself

We may be familiar with the general recommendations

for protecting ourselves from germs, but sometimes it takes a reminder or two to start practicing good prevention. Here are a few things you can do to avoid spreading or catching the H1N1 flu virus:

- Remember to cover your nose and mouth when you sneeze or cough.
- Wash your hands often.
- If you can't wash, use an antibacterial gel.
- Keep your hands away from your eyes, nose and mouth.
- If you know someone who is sick, avoid contact as much as possible.
- If you are sick, stay home, and don't go back to work or school for at least 24 hours after your fever is gone.



Follow these tips and you and your family should have a healthier flu season.

Sweating the Holidays

(Cont'd from pg. 1)

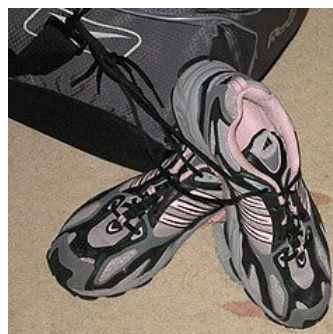
Use the following tips to make sure you fit exercise into your busy holiday schedule. It's not as hard as you think, and the benefits you reap will be well worth the initial effort.

- Schedule an appointment with yourself for some workout time. As little as 10 minutes of moderate activity (i.e. a brisk walk, jumping jacks, vigorous weight training) can have a positive impact.
- Aim for a total of 30-45 minutes of exercise each day. If your schedule is packed with work, school recitals, shopping trips and baking marathons, try squeezing in 3 or 4 ten-minute sessions throughout your day. See [Quick Workouts](#) for ideas.
- Make errands into exercise. Headed to the mall for a few gifts? Take two or three brisk laps around the lower level before you stop by any stores. Need some groceries? Park at the back of the lot and get in a few extra steps. Then take a

quick lap up and down every aisle. (No browsing! Keep your eyes ahead to avoid impulse purchases.)

- Utilize your breaks. Climb the stairs during your lunch break. Do crunches during commercials. Wrap a few gifts and then do two sets of pushups before you go back to tying ribbons.

As you can see, there is always a way to fit activity



into your day, even in the midst of the holiday rush. Take time for yourself, whether 10 minutes or 40, and you'll find this holiday season is brighter than ever.

*Remember to consult your doctor before beginning any exercise

Healthy Holiday Cooking

The holidays are a time of year when rich, heavy foods are everywhere you turn. Cookies and cakes, casseroles, and buffets filled with wonderful treats are the norm during the holiday season, and they can certainly derail any attempts you may make to maintain a healthy lifestyle during the winter months. There is good news, though. You don't have to skip all of your favorite treats and winter comfort foods to keep the pounds at bay. Instead, lighten up your usual recipes so that you can still have your cakes and casseroles - and eat them, too.



*Note: You'll want to experiment with these baking tips, as different recipes respond differently to substitutions and eliminations.

Healthier Main Dishes

- Increase the amount of vegetables and decrease the amount of meat in any casserole or pasta dish to raise the fiber content and lower the calories and fat.
- Use non-stick spray instead of oil when sautéing. If you need to use oil, a teaspoon is generally just enough.
- Experiment with spices and seasonings to give dishes more flavor without adding fat or calories.
- Use low-fat or fat-free versions of any dairy product. If you're melting cheese, stick to low-fat versions, though. Fat-free cheese doesn't melt as well.
- Bake, poach or broil your meat or fish instead of frying.

Armed with your favorite recipes and these tips, you should be able to weather the cold and get through the holidays without missing out on your favorite meals and holiday treats.

Better-for-You Baked Goods

- For cookies, cut the butter or oil by half. (Make sure you're starting from an original full-fat recipe.)
- Use an equal amount of applesauce in place of half the oil in most cake recipes.
- Use a baking-friendly artificial sweetener like Splenda in place of some or all of the sugar.
- Use skim or 1% milk instead of whole, or try fat-free buttermilk.
- Eliminate or halve the amount of nuts, chocolate chips or other calorie-raising additions.

Healthy Holiday Travel Tips

(Cont'd from pg. 1)

Keep a glass of water or diet soda in one hand while you're mingling, so you won't be able to eat and chat. Avoid the food table by socializing on the other side of the room. Pick and choose your treats. Eat only the goodies that are your favorites and avoid the rest. And eat off the smallest plate possible. You'll take less initially and you'll be less likely to go back for more.

Take time to relax. Find a place for some alone time to regroup and

re-energize. Take a nap, take a bath, or take a walk. Read a book or listen to some music. Enjoy some peace and quiet so that you can better enjoy the hustle and bustle of family get-togethers.

Enjoy every minute. Focus on the joy of the season. Cherish the moments you have with the people that are important to you. And cherish the moments you have with yourself. Now is a great time to look back on your year and

evaluate the successes you've had so that you can move forward into the New Year fresh and rejuvenated.

Have a happy and healthy holiday! And remember, every challenge is an opportunity to evaluate, choose, and learn.

Comfort Foods Healthified



Pumpkin is a holiday staple and these muffins will satisfy any pumpkin craving you might have. Just be careful not to eat too many...they're addictive.

Pumpkin Spice Muffins

Ingredients:

1 box spice cake mix
1 can pure pumpkin (15 oz.)
½ cup water
Non-stick cooking spray

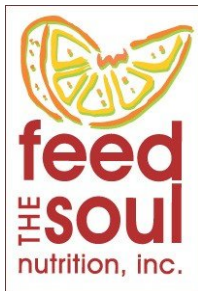
Instructions:

Preheat the oven to 350 degrees. Spray muffin tins with non-stick spray and set aside.

In a large bowl, combine the cake mix and the pumpkin and mix well.

Gradually add the water until the mix is the consistency of muffin batter.

Fill the muffin cups ½ full with batter and bake 20-25 minutes (15-20 minutes for mini-muffins). Muffins are done when a toothpick inserted in the center of the muffin comes out clean.



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If your favorite mashed potatoes include cream and butter you might want to try this modified version, filled with flavor but light on extra fat and calories.

Parsley Potatoes

Ingredients:

6-8 medium red potatoes
½ cup fat-free chicken broth
½ cup fresh parsley, chopped
1 tsp. minced garlic
Salt and pepper

Instructions:

If you prefer, peel the potatoes. Rinse and quarter them, place them in a large saucepan, and add just enough water to cover them. Cover and boil until the potatoes are fork tender.

Drain the potatoes and put them back in the pan. Mash them, gradually adding the chicken broth until moist and well-mixed. (You can leave the potatoes chunky, or make them smooth depending on your preference. If necessary, add more broth for a smoother texture.)

Mix in the garlic and parsley. Add salt and pepper to taste. Serve with a sprig of fresh parsley as garnish.

Feed the Soul Nutrition, Inc has three new locations in Watertown, Ogdensburg and Alexandria Bay. We are now also accepting Medicare, Medicaid and private insurances for individual and group Medical Nutrition Therapy.

Empowering you to eat well,
live well and be well.

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