



*Small changes
Lasting results*

A Monthly Insight into Nutrition/ November

In The Next Issue

Vegans and Vegetarians

What is the difference ?

Eat right Live well

Eating Healthy For the Holidays

Holidays and family gatherings are times we look forward to celebrating with friends and family. From Mom's famous "Stuffing" to Grandma's "Pumpkin Pie" these are just some of the comfort foods we associate with during the Holiday Season.

Parties and family festivities can temp us to over indulge on foods that are calorically dense and laden with fat and simple sugars.

WHAT IS ONE TO DO?

- **Planning ahead rather than making impulsive choices is your KEY to SUCCESS.** *Make a conscious choice to limit high fat items: high fat food items can be found in fried food, cream-based soup, cheese-filled casseroles, pies, processed meats such as salami and sausages, some pastries and baked goods*
- **Don't go to a party hungry:** *we often eat faster and more when we are hungry - therefore eat a wholesome breakfast and lunch and a healthy snack on the day to avoid over-eating at the party.*
- **What I mean is watch your portion sizes:** *treat yourself a nice drink, dessert, chocolate or sweets without guilt, but always watch your portion. Go for small portions. This way you can sample all the different foods. Moderation is always the key.*

Checks and balances-evaluate your daily meal plan. Calories going in =s Calories going out. *Make appropriate food choices throughout the day prior to a Party or a Holiday Dinner.*

- **Physical activity** *maintains an exercise program 3-4x/week take nice brisk walks with your loved ones and enjoy their company in the holiday season.*
- **Drink plenty of water:** *alcohol and coffee can dehydrate your body.*

Getting healthy is a GIFT to YOUR SELF!!



current topics >>>

Upick Chopped Salads Have it your way!

Lackmann Culinary Services launched the U-Pick Chopped Salad concept at Stony Brook University.

U-Pick what's that? Well you have your choice of Mixed Field Greens, Romaine, or Baby Spinach; then u-pick out of a variety of toppings and create a salad your way.

Toppings include: Grilled Chicken, meatless meat tuna and more. In the way of fruit: choose from Apples, Avocados, Cranberries, Grapes, Mangos, Strawberries and tomatoes. Cheeses available Blue. Feta, Mozzarella, Parmesan and Cheddar. In addition to a glorious array of fresh vegetables there are assorted nuts seeds, chickpeas and the list goes on and on.