



Spotlight

Spirit of Hope tree lighting services

Tuesday, Dec. 9

Huntsville Hospital Breast Center and
Huntsville Hospital for
Women & Children

Enjoy a holiday blessing when you donate a light in honor or in memory of a loved one. Proceeds benefit Huntsville Hospital Foundation's Liz Hurley Breast Cancer Fund and the Melissa George Neonatal Memorial Fund. Call 265-8077 for more information.



Tips for all the jingle with none of the jiggle

According to a recent Weight Watchers report, the average American gains 7 to 10 pounds between Thanksgiving and New Year's Day! Don't become a statistic!

1. **Keep exercising.** It's a great way to keep burning extra holiday calories and fat.
2. **Deal with hunger effectively.** Don't skip meals; your body needs consistent and regular meals to help avoid overeating. Eat a healthy snack, such as an apple with peanut butter, to prevent you (at a party) or your grocery cart (at the store) from being extra stuffed.
3. **Beware of the buffet.** Make one trip to the table, and then position yourself away from it so you resist the urge to graze.
4. **Avoid an all-or-nothing attitude.** Don't splurge when you feel you have already sabotaged your eating plan for the day. Simply eat when you are hungry and stop when you are full.
5. **Be selective.** Only put on your plate (or prepare at home) the once-per-year foods you truly love. All foods can fit into a healthy diet if eating in moderation.
6. **Consume beverages in moderation.** Avoid or limit sodas, punches, cider, alcohol and other sugar-laden drinks. One 4-ounce glass of wine, punch or cider can have as many as 100-150 calories! Drink plenty of water or calorie free beverages, and be careful not to misinterpret thirst as hunger.
7. **Balance your plate and remember portion sizes.** Try to have a food from all food groups on your plate. Include fruits, vegetables and a protein source like a handful of nuts or a few cubes of cheese.
8. **Prepare for parties.** If you are asked to bring a dish, prepare something healthy so you know you will have something to munch on! Replace oil with applesauce, and use reduced fat products such as light sour cream or light cheese in recipes.
9. **Be assertive.** Don't feel as though you have to say yes to everyone that offers you food and drink. Also, don't feel like you have to clean your plate.
10. **Remember the reason for the season.** It is a time to celebrate and spend time with family and friends, not to eat until our heart's content.

Source: Anna Holland, Registered and Licensed Dietitian, Huntsville Hospital Wellness Centers

Nutrition education with a registered dietitian is a cost effective way to help you achieve a healthier lifestyle. For more information about meeting with a registered dietitian, call one of our three Huntsville Hospital Wellness Centers at 265-WELL.

Spinach and Cheese Squares (*The Healthy HomeStyle Cookbook*)

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| 2 large eggs or 1/2 cup egg substitute | 1/2 teaspoon fresh ground black pepper |
| 6 tablespoons whole-wheat flour | 1/8 teaspoon cayenne pepper |
| 1 (10-ounce) package of frozen, chopped spinach (thawed) | 1 pinch nutmeg |
| 2 cups low-fat cottage cheese | 3 tablespoons wheat germ |
| 2 cups reduced-fat cheddar cheese | |

In a large bowl, beat the eggs with the flour until the mixture is smooth. Add the spinach, cheeses, peppers and nutmeg, and mix the ingredients well. Pour into a nonstick, coated 13x9x2-inch baking pan. Sprinkle the top with wheat germ and bake at 350 degrees for about 45 minutes. Let stand about 10 minutes before cutting into 1 1/2-inch squares for serving. (Makes 18 servings. Per serving: 66 calories, 2 g total fat)

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