



Taking You in A Healthy Direction

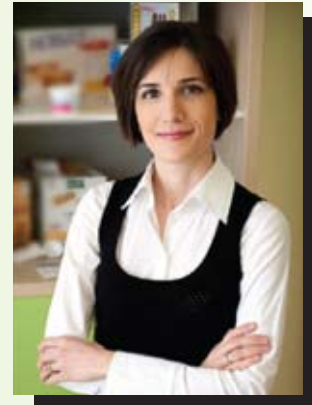
December 2009

A MESSAGE FROM BARBARA

Season's Greetings

I hope you have taken advantage of the wonderful mild November and start to December to keep up with outdoor physical activity. Some of you may be waiting for the cold air and snow to put on your skates and skis. Many clients describe weight gain during the winter months and some of this can be attributed to a decrease in physical activity. So be sure to make exercise part of your winter program.

Holiday eating and comfort foods also contribute to weight gain over the winter season. December can be a difficult month to maintain your weight if your social calendar is full. Consider a telephone, email or in-person session to discuss how you are going to manage your eating and manage your weight.



Healthy Eating and Happy Holidays,
Barbara Parisotto, RD

GIFT CERTIFICATES AVAILABLE

Know someone struggling with his or her weight? Or someone interested in living a healthier lifestyle this New Year? Give the gift of health this holiday

season and purchase a nutrition counseling session for your loved one.

Gift certificates are available in any denomination. Please call or email for one today.

TIP OF THE MONTH

STRATEGIES FOR EATING DURING THE HOLIDAYS: 80/20 RULE

Eat well 80% of the time.

- Eat a healthy breakfast, bring your lunch, choose fruit and yogurt for snacks, eat a balanced dinner, and drink plenty of water.

The other 20% of the time you will likely be socializing so keep the following strategies in mind.

- Watch your portions of appetizers, mixed nuts, trail mix, chocolates, panettone, alcoholic beverages and other food items that are high in fat, calories and/or salt.
- Pace yourself – 2-3 appetizers, 1 small handful of nuts, 2 alcoholic beverages - especially if a meal is to follow.
- Stand clear of the food table – socialize away from the food and you will be less likely to mindlessly snack.

If you are the host – be sure to provide healthy alternatives such as vegetable platter with lower fat dip (see product review), fruit tray, low sodium crackers, and water flavoured with lemon wedges or orange slices.

HEADED FOR HEALTH: PRODUCT REVIEW

Renee's Poppy Seed Dressing Light

1 tbsp
45 calories
3.5g fat
70mg sodium

- ✓ Heart Healthy – cholesterol-free, saturated fat-free, trans fat-free
- ✓ Waist Line friendly – calorie-wise compared to the original Poppy seed dressing
- ✓ No artificial colours or flavours
- ✓ Plenty of flavour so a little goes a long way



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RECIPE CORNER

Baking this holiday season? Try this version of traditional Biscotti to serve to family and friends. Taken from Dietitians of Canada cookbook Simply Great Food, Robert Rose Inc. 2007.

Preparation: 15 minutes | Cooking: 60 minutes | Preheat oven to: 350 °F (180 °C)
Baking sheets, lightly greased or lined with parchment paper

2 cups bran cereal, crushed	2 tsp baking powder
1 1/2 cups all-purpose flour	3 eggs, lightly beaten
1 cup granulated sugar	1 tbsp vegetable oil
3/4 cup quick cooking rolled oats	2 tsp almond extract
1/2 cup each: sliced almonds & finely chopped dried apricots	1 tsp vanilla



1. In a large bowl, combine all dry ingredients.
2. In a small bowl, beat eggs, oil, almond extract and vanilla. Stir into bran cereal mixture until well blended (dough will be dry and crumbly).
3. Turn dough out onto a lightly floured surface and knead 10 to 15 times, until dough holds together. Divide dough in half and shape each half into a log about 8 in (20 cm) long and 3 in (7.5 cm) wide. Place on baking sheets.
4. Bake for 30 min. Remove from oven and reduce oven temperature to 325 ° (160 °C). Remove logs from baking sheets and let cool on a wire rack for 10 min.
5. Using a serrated knife, cut each log into 1/2 in (1 cm) thick slices. Return slices, to baking sheets.
6. Bake for 15 min. Turn biscotti over and bake for 15 to 20 min or until light brown. Let cool.

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