



## **TOO MUCH OF A GOOD THING**

Have all those delicious holiday meals caused you to loosen your belt a notch...or two? Did your clothing shrink over the holidays? Does the idea of wearing a bathing suit make you cringe? Well, don't despair. You CAN lose those holiday pounds by following these helpful hints.

## **INCREASE VEGETABLES**

Vegetables are low in calories, high in fiber and contain powerful phytochemicals to prevent heart disease and cancer. Vegetables fill you up without filling you out! Raw, roasted, steamed, juiced or sauteed are some of the ways to enjoy these nutritious foods. Make a platter of vegetables and

dip them in low calorie dressing or have a salad meal once a day to jump start your diet. Your skin, your waist, your digestive tract in fact your entire body will thank you.

## **LIMIT CALORIE- DENSE FOODS**

Fat contains twice the calories of carbohydrate or protein. But any food containing concentrated calories will impact your diet the most. Some examples are juice, soda, sugary snacks, chips, cookies, candy, ice cream and fried foods to name a few.

For example, one cup of juice = *120 calories*, one cup of lemonade = *150 calories*, 12 oz. can of cola = *140 calories*, 16 oz. bottle of Snapple = *200 calories*, 1 oz. of potato chips about 18 chips = *150 calories*, a medium-size oatmeal cookie = *200 calories*, one cup of Haagen Daz ice cream = *220 calories*, one Hershey Bar = *210 calories*, a Big Mac that has *560 calories* and small fries are *200*. If you have a Big Mac, small fries and 12 oz. can of soda that equals *900 calories* for one meal!

## **INCREASE AEROBIC EXERCISE**

150 minutes per week or 10,000 steps daily can help you keep your weight in check. The more you weigh, the more calories you burn. For example, 125# woman using a treadmill for 30 minutes at a moderate pace of 5 mph burns 240 calories. A 185 # woman would burn 355 calories. Men usually burn more calories than women. Exercise not only helps you lose weight, it strengthens your heart, improves circulation, helps you sleep better and decreases your stress level. Smart phones, Fitbit or an Apple Watch have step counters. Some even count your calories and offer health advice.

## **BEHAVIOR MODIFICATION**

Use a salad plate instead of a dinner plate. You will eat less and save calories.

Eat slowly and chew your food well. Savor the flavors. Allow 20 minutes to complete your meal. If necessary, eat half your meal and wait ten minutes before eating the rest.

Avoid second helpings. Add a low calorie beverage such as flavored water or unsweetened iced tea to keep you full.

Make mealtime special. Eat together with friends and family. Focus more on the conversation and social interactions. Choose a comfortable area for dining. Set the table. Avoid doing other activities while eating such as reading, watching TV, texting, phone calls, etc.

## **A REGISTERED DIETITIAN IS YOUR NUTRITION EXPERT**

A Registered Dietitian has been professionally-trained to develop diets that are individualized, flexible and easy-to follow. Although good eating habits should begin in childhood, anyone

can choose to change their diet at any time. It's never too late. Start eating a well-balanced diet today.

**Don't miss the next nutrition newsletter.** To receive future copies email:  
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**RAINBOW QUINOA SALAD**  
(makes 4 servings)

1 cup uncooked quinoa

15 oz can white beans drained and rinsed

8 oz red cabbage, chopped

1/2 cup red radishes, sliced

1 cup raw carrots, diced

1 tablespoon olive oil

1 teaspoon dried oregano

1 teaspoon garlic powder

4 oz feta cheese, crumbled

4 cups chopped lettuce or kale

**Dressing**

2 tablespoons olive oil

1 tablespoon balsamic vinegar

1/2 teaspoon Dijon mustard

salt and pepper to taste

Parsley, chopped

**Prepare as follows:**

Mix dry quinoa with 2 cups of water in a saucepan. Bring to a boil. Simmer 15 minutes until cooked. Set aside once done.

While the quinoa is cooking, saute red cabbage, white beans, radishes, carrots in olive oil. Add garlic powder and oregano. Cook about 10 minutes.

In a small bowl, whisk together olive oil, balsamic vinegar, mustard, salt and pepper. Add to sauteed mixture.

Add quinoa.

Allow to chill in refrigerator.

Before serving, mix in crumbled feta cheese.

Serve on a bed of chopped lettuce or kale. Garnish with chopped parsley.

**NUTRITIONAL ANALYSIS PER SERVING**

Calories 288

Protein 18 g

Carbohydrate 35 g

Fat 7 g

Cholesterol 25 g

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