



NUTRITION IS THE MAIN EVENT

THREE MEALS A DAY AND SNACKS

Dividing the amount of food you eat into three meals and three snacks promotes better digestion and absorption of nutrients. Healthy snacks can also be a source of important nutrients. Choose from yogurt, fresh fruit, low fat cheese and crackers, air-popped corn to name a few. Eating three meals a day plus snacks helps to prevent over-eating at any one meal.

WHY EAT BREAKFAST?

Skipping breakfast decreases the rate at which you "burn" calories for the rest of the day. Any subsequent meals, however balanced they may be, will still be metabolized at a slower rate. Not eating protein at breakfast has a similar effect. Good sources of protein include meats, poultry, fish, eggs and dairy products. Vegetable proteins include soy products such as edamame, soy milk, and tofu. Nuts and seeds are other good alternatives.

DON'T SKIP LUNCH

Although many of us eat on the run, it is still possible to eat a nutritious, low-calorie lunch without too much fuss. Try salad bars (go easy on the dressings and cheese) or choose a lean meat or poultry sandwich accompanied by a vegetable salad. Skipping lunch can mean being very hungry around 3-4 P.M. which may cause you to reach for candy, cookies, etc.

SUPPER- THE SUPER MEAL

If you have eaten a high-protein breakfast and an equally well-balanced lunch, supper can provide approximately one third of the necessary calories and nutrients you need to stay healthy. Don't try to consume ALL your calories and nutrients for the day in one meal. The body is unable to effectively absorb large amounts of nutrients at one time. Therefore, a large meal at supper promotes obesity not health.

HOLIDAY MEALS

No one wants to feel left out around the dinner table. The best strategy is to taste everything. Use a tablespoon to sample a small amount of each dish. That way, you won't over eat but will still feel part of the party. Also, avoid being super hungry before going to a holiday gathering. Try to have a small snack. For example, a cup of yogurt or a fruit. This will help you make better food choices.

AEROBIC EXERCISE

Aerobic exercise for 30 minutes, three times a week helps you lose weight by breaking down body fat and also strengthens the heart. Choose brisk walking, swimming, bicycling, running or walking 10,000 steps daily. Choose a FitBit or your cellphone to help monitor the number of steps you take. Whatever you do, "Just Move". The results of regular exercise will astound you!

BEWARE OF FAD DIETS

There are no shortcuts to permanent weight loss. Many diets found in books, magazines, newspapers or online are nutritionally unbalanced. They often lack protein which could cause muscle and hair loss, They may not supply enough carbohydrate which can lead to ketosis. Other nutrients lacking in "fad" diets include calcium (necessary to avoid osteoporosis), iron (to prevent anemia) and B 12 (for a healthy nervous system).

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:

ABOUT THE AUTHOR: Marilyn Tucker-Viselli, MS, RDN, CDE

is a Registered Dietitian in private practice with a Masters Degree from Columbia University. An experienced teacher, lecturer and Certified Diabetes Educator, she specializes in weight reduction, general nutrition, diabetes management, Celiac disease, wheat sensitivity and irritable bowel syndrome.

INSURANCE

Most insurance plans accepted.

AETNA ~ OXFORD ~ UNITED ~ BLUE CROSS ~ EMPIRE ~ MEDICARE ~ POMCO.

If you have any questions, the office staff is ready to assist you.

Reduced fee for private pay patients.

OFFICE LOCATIONS:

Manhattan: 19 West 34th Street, Penthouse, New York, NY 10001 212-316-6476

New Rochelle: 140 Lockwood Ave Suite 109 New Rochelle, NY 10801 914-632-1896



**MEDITERRANEAN CHICKEN
(makes 4 servings)**

- 12 ounces chicken, boned, skinned
- 1 tablespoon olive oil
- 2 cups fresh mushrooms, sliced
- 3 medium tomatoes, sliced
- 2 medium green peppers, sliced
- 1 large onion, chopped
- 4 cloves garlic, crushed
- 2 teaspoons oregano, dried
- 12 pitted black olives, sliced
- 1/4 cup fresh parsley, chopped
- 1 teaspoon red pepper (optional)

Prepare as follows:

Preheat oven to 375 degrees

Saute chicken in oil until lightly browned.

Remove chicken from pan and set aside.

Saute mushrooms, green pepper, onions, and tomatoes until tender.

Stir in garlic and pepper.

Arrange chicken and vegetable mixture in a medium-sized casserole.

Bake at 375 degrees for 30 minutes or until done.

Garnish with olives and parsley.

NUTRITIONAL ANALYSIS PER SERVING

Calories	247
Protein	26 g
Carbohydrate	13 g
Cholesterol	72 mg
Fat	9 g
Sodium	134 mg

Menu Suggestion:

Brown rice

Mixed green salad with vinegar & oil

Fresh fruit

Marilyn Tucker-Viselli, MS RD | 19 West 34th Street, Penthouse, New York, NY 10001

[Unsubscribe](#)

[Update Profile](#) | [About our service provider](#)

Sent by diets4me@aol.com in collaboration with

Constant Contact 

Try it free today