



Newsletter

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With Christmas approaching at a rapid pace I would like to take this time to wish you all a very Happy Christmas. Hopefully you will all have a chance to enjoy some rest and relaxation over the festive period.

Festive season

With the festive season upon us, many of my clients are already worrying about how they - and their waistlines - will cope with the special temptations Christmas and New Year bring.

Here are some tips that may help you through the festive season so that you reach mid-January without feeling you deprived yourself of festive food or feeling guilty about what you ate.



- **Don't go hungry:** If you know you are going out to an event where there will be lots of nibbles, or where you will have to eat dinner later than normal, make sure you are not too hungry. Don't starve yourself before the event. Don't skip lunch thinking it will save calories - this will only make you hungrier, so that by the time you get to the event you will be tempted to eat more nibbles. Try having a healthy snack before you go out. This way you will not be starving and will feel more in control of your appetite and more able to make healthy choices about what you eat.
- **Managing a smorgasbord or buffet:** Take time to peruse the table. Check out what is on offer. Remember, you do not have to sample everything that is available. Once you know what is there, choose a range of foods - but make sure that your plate is no more full than it would normally be.
- **So you want to taste the dessert:** Great, go ahead - but have a small serving and enjoy it. Remember it is the first and last mouthful that you enjoy the most - how many mouthfuls you have in between is up to you! If there are several dessert options perhaps you could try just one - not all of them.
- **Avoiding second servings:** If you are tempted to enjoy another helping, wait at least 10 minutes before going back for more. It takes 20 minutes for your stomach to tell your brain just how satisfied you are feeling. You may find the urge is no longer there if you pause first. Don't forget to eat slowly - enjoy the conversation and participate - we all know it is rude to talk with our mouths full! Pace yourself, this allows time for your stomach to communicate with your brain.
- **What you drink matters:** What you drink can have as much influence on festive season weight gain as what you eat. If possible - and if it is safe to do so - put your drink down. If you hold your drink all the time you may be more likely to sip from it more frequently. Have a glass of water alongside any alcoholic drink you are having and alternate your sips between the two. Remember too that soft drinks and fruit juices also contribute to the waste line.
- **Maintain your good habits:** All those good habits you have adopted during the year become even more important during the festive season. We are lucky to enjoy a summer Christmas. This makes it easy to make the most of the delicious seasonal fruit and vegetables we have available. Remember to choose high fibre breads and cereals to keep you satisfied during the day. A summer Christmas also means there really is no excuse for relaxing our exercise habits - walk off your Christmas dinner, get out and enjoy a game of tennis or go for a bike ride with the kids. Remember that eating regularly is important and will help you to maintain some control in those tricky situations.

Most importantly, enjoy the festive season for all it has to offer - in moderation!

Recipe **Nut and Fruit Wreath**

If you are looking for an easy recipe for a festive treat to have in the tins for guests then you may want to try this recipe. It is full of nuts which are a great source of two important antioxidants – selenium and vitamin E.

Store in the fridge, but serve at room temperature.

125g whole brazil nuts
125g blanched almonds
125g walnut halves
¼ cup chopped dates
2 tbsp chopped mixed peel
100g red glace cherries
100g green glace cherries
¼ cup raisins
6 tbsp flour
¼ tsp baking powder
Pinch of salt
6 tbsp raw sugar
½ tsp vanilla essence
2 tbsp brandy
2 eggs
Icing sugar



In a large mixing bowl combine nuts and fruit. Sift flour, baking powder and salt. Stir in sugar to flour mixture then add this to the fruit and nut mixture. Combine vanilla essence, brandy and eggs mixing till smooth. Add to the fruit and nut mixture, stir to combine. Spoon mixture into a well greased ring tin. Smooth the top surface. Bake at 150°C for 1 hour. If cake browns too quickly cover with tin foil after first half hour. Leave to stand in tin until cool before turning out onto cooling rack. When cold wrap in tinfoil and store in fridge. Slice into very thin fingers and dust with icing sugar.

Have you tried quinoa?

Quinoa (pronounced keen-wa) is not technically a grain, although it is often referred to as a grain because of its cooking properties. It is an ancient food and was once a staple food for the Incas.

It is gluten free so can be a good alternative if you need to avoid gluten.

It has a higher protein content than any other grain. With 16% compared to wheat which has 14% and rice with 7.5%.

It has a slight nutty flavour and is a bit chewy like barley.

The simplest way to cook quinoa is by the absorption method, similar to cooking rice. For one cup of quinoa use 2 cups of stock (chicken or vegetable). Cover and bring to the boil, cook 15 minutes, remove the lid and cook for a further couple of minutes to evaporate any excess stock. As it is relatively bland season with fresh herbs or shallots.

You can use it to make risotto instead of rice. It can be added raw to casseroles or soups in the last 15 minutes of cooking.

Alternatively cool after cooking and serve it as a salad. Add nuts, dried fruit and some parsley along with your favourite vinaigrette dressing.

Wishing you all a very Happy Christmas and a wonderful start to 2010.

I hope you all manage to enjoy the festive season. If you are finding it difficult to stay on track with your eating, now might be the time to book another consultation with Fiona.

Call Fiona on 07 574 7999 or email fiona@foodsolutions.net.nz

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Regards

A handwritten signature in black ink, appearing to read 'Fiona', is positioned below the 'Regards' text. The signature is written in a cursive style with a vertical line extending downwards from the 'i'.