



Newsletter

Fiona Boyle NZ Registered Dietitian, Nutritionist Tauranga.

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My newsletter is now well over due, it has been some months since I sent my last one out. It is quite scary to think of how fast Christmas is approaching. Although it is a crazy and busy time of the year I do love the fact that it means some wonderful new seasonal foods are available in the summer.

Christmas tips for staying on track:

It can be challenging to stay on track with good food choices at this time of the year, especially if you have a busy social calendar. The following tips might help to keep you on track at this time of the year:



- When drinking alcohol don't let people top your glass up until your glass is finished, otherwise it can be very easy to lose track of how much you have had to drink.
- If lots of nibbles are being passed around try to keep track of what you have eaten, it can be easy to eat more than you intend to in this situation.
- Don't skip any meals during the day just because you are going out later, doing this can mean you arrive feeling hungry and you might eat more as a result.
- If you are having a wine with your meal try to also have a glass of water served at the same time, alternate your sips of wine with water.
- Keeping organised with meals at this time of the year is still important, reducing the visits to the supermarket helps to reduce the chance for wee treats to find their way into your shopping trolley.
- In a buffet situation remember you don't need to try everything, and try to avoid going back for seconds.
- When dining out consider if the serving size is similar to what you would serve at home – if it is bigger than you would normally serve then anticipate that you might end up leaving some of your meal.
- Remember you do not need to withdraw from social occasions, just try to be mindful of your eating and drinking habits when socialising.

Irritable bowel

If you have irritable bowel and find your symptoms get worse at this time of the year try to consider if any of the following factors could be making your symptoms worse:

- Tiredness
- Stress
- New seasonal products like stone fruit or even asparagus
- Meals with a higher fat content can be difficult to tolerate
- Increased alcohol
- Meal size – the size of your meals can affect your symptoms, so if you are dining out more try to be mindful of serving sizes.

Recipe

While this is not a festive recipe it is a recipe I have enjoyed making.

Ginger pear bran muffins

1 cup bran
1 tbsp Golden syrup
1 cup cold milk

Put the above ingredients into a bowl and soak for 5 minutes

Then add:

1 egg
3/4 cup flour
1/2 cup sugar
1 tsp baking soda
1/4 teaspoon salt
1/3 cup fined chopped glace ginger
1 teaspoon ground ginger
1/2 cup chopped drained tinned pears – pat the pears dry with a paper towel

Stir without over mixing and put into muffin tray. Bake 20 minutes 180°C.
Makes 1 dozen small muffins.

I wish you all a Merry Christmas and a happy start to 2012. Please contact me if you have any questions or concerns.

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

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Regards

A handwritten signature in black ink that reads "Fiona". The signature is written in a cursive style with a large, stylized 'F' and a long, sweeping underline.