

The Lunchbox Nutritionist **Kathleen Searles MS, RD, LDN**



I apologize for an error that sent you the Prep School Performance Nutrition News this week. Here is your regularly scheduled Lunchbox Nutritionist News. (Of course, you are welcome to subscribe to both newsletters!)

Happy Holidays! I hope you are enjoying this festive season. This month's newsletter celebrates some of the tastes of the season and offers tips for staying healthy. For more tips, including my Top Ten Tips for Healthy Eating During the Holidays, visit my newly updated website at www.lunchbox-nutritionist.com.

If you have some nutrition goals in mind for 2012, now is a good time to get some strategies in place. Call or e-mail to set up an appointment!

Best wishes for the holidays - I'll be looking forward to seeing you in the New Year!

- **Kathleen Searles**

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7 Foods that Keep on Giving



The holiday season is all about giving, getting and of course, food. Everyone enjoys rich, delicious meals that seem to be omnipresent during this time of year. Incorporating certain foods into your feast can lead to nutritional benefits that last long after your New Year's resolution.

1. Pomegranates. A pomegranate a day can keep the doctor away. The old adage uses apples, but during the holidays, we say pomegranates are the way to go. This delicious fruit is bursting with Vitamin C which keeps the free radicals at bay and is believed to prevent some types of cancer. So add a splash of pomegranate juice to a cup of hot tea and enjoy!

2. Nuts. Nuts contain both poly- and mono unsaturated fatty acids. These are healthy fats that can lower cholesterol and reduce your risk of heart disease by lowering the amount of inflammation of the arteries. Nuts are also a good source of protein and fiber that can help keep you full. This can keep you from over indulging and keeping the holiday pounds in check. Finally, nuts are a rich source of vitamin E which is good for the skin. Who doesn't need a little holiday glow?

3. Chocolate. Nothing is more comforting on a cold winter day than a cup of hot chocolate. If you make that a cup of dark hot chocolate you could be enjoying more than just guilty pleasure. Dark chocolate contains flavonoids and polyphenols. These are antioxidants that can help prevent arterial damage from cholesterol as well as lower your blood pressure over time. So join the kids for a cup of hot chocolate and drink to your health.

4. Olives. Extend the olive branch through the season and reap the nutritional benefits. Olives are a low calorie way to get in your healthy monounsaturated fats. Using extra-virgin olive oil to create your culinary masterpieces during the holidays can lead to an increase in HDL (good) cholesterol. You can use the olives to add a little salt to your meals, just be sure to watch your sodium intake. 10 small green olives have about 451 mg of sodium. *According to new recommendations by The American Heart Association sodium intake should be limited to 1500 mg or below per day.

5. Cinnamon. The smell of cinnamon in the air is a sure sign that the holidays are near. This time of year is a time for giving and also a time for indulgence. When we over indulge on rich foods it can leave us feeling a little out of the holiday spirit. Adding cinnamon to your holiday treats can help curb the effects of overindulgence by reducing heartburn and bloating. Studies have also found that 1 tsp a day of cinnamon can help better manage insulin and blood sugar levels. Add a dash of cinnamon to your morning coffee, cup of oatmeal, or for an extra nutrient packed snack serve plain non fat Greek yogurt with dried cranberries, nuts, and a dash of cinnamon.

6. Peppermint. Candy canes are a signature of the holiday season. Sometimes used for decorating the trees or enjoyed in tea or hot chocolate. This holiday treat can soothe heart burn and nausea. It also kills bacteria in the mouth that leads to bad breath. This will come in handy when meeting under the mistletoe.

7. Cranberries. The holiday spread would not be complete without cranberry dressing or our favorite cranberry oatmeal cookies! Cranberries are a good source of fiber and vitamin C. They also provide antioxidants which help prevent some types of cancer and promote the formation of visual purple pigment which is essential in color as well as night vision.

3 Simple Holiday Waistline Tips:



1. Be a Food Snob!

When you are at parties or family gatherings, be choosy. Some may call you a "food snob" but in reality you are only listening to what you really want. Avoid the foods you really do not enjoy. Instead savor the bites of the foods you have been looking forward to all year, like that decadent dessert or sinful appetizer. When you do indulge, taste and enjoy the food, but after a few bites push the plate away. This simple tip can save hundreds of calories over the course of the holiday season.

News and Events:

Do you need a pre-holiday tune-up?

Call for an appointment to be sure you are eating as well as possible as we head into the busy holiday season. We can work on tips to help you negotiate your family's celebrations so that you enjoy tradition without sabotaging your goals. I look forward to seeing you soon!

Healthy Holiday Sweet Treat: Dark Chocolate & Cranberry Oatmeal Cookies

3/4 cup whole wheat flour
1/4 tsp baking soda
1/4 cup dark chocolate chips
3/4 tsp vanilla extract
3/4 cup all purpose flour
1/4 tsp salt
3/4 cup packed brown sugar
1 large egg
3/4 cup regular oats
1/4 cup dried cranberries 5 Tbsp
butter, softened
1 large egg white
1/2 tsp baking powder
2-1/2 T finely chopped walnuts 2 Tbsp

2. Burn More!

Easy solutions include:

- Waking up 20 -30 minutes earlier to get an extra workout in (or if you know the day will be very busy, this is a great time to get it over with so no excuses!)
- Change up your workout routine to interval training. Interval training can almost double your calorie burn in half the amount of time.
- Add more steps to your day. Park at the end of the parking lot, take the stairs, take mini work breaks to walk around the office, go shopping.

3. Write About It!

During the holiday season keeping a food journal could be your #1 weapon against the bulge. Journaling has been found to be a proven technique in helping people lose weight. Keeping track of what you put in your mouth could easily help you decide if that piece of pie or extra cookie is worth it. Remember, an extra 100 calories per day is equivalent to a 10 pound weight gain over a year—so those little bites can really add up!

Recipe of the Month: French Green Beans With POM, Goat Cheese And Almonds



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Time to Table: 20 Minutes Prep, 8 Minutes Cooking

Servings: 6

Ingredients:

- Juice from 1 large POM Wonderful Pomegranate*, or 1/3 cup POM Wonderful 100% Pomegranate Juice
- 1/3 cup arils from 1 large POM Wonderful Pomegranate or POM POMS fresh pomegranate arils
- 1-2 tablespoons olive or vegetable oil
- 1 1/4 pounds fresh green beans, stems removed and cut on the bias into 1-inch pieces (6 cups)
- 1 teaspoon grated lemon or orange peel
- 1/2 cup sliced or slivered almonds
- Salt and pepper to taste
- 4 ounces sliced goat cheese

Preparation: Score 1 fresh pomegranate and place in a bowl of water. Break open the pomegranate underwater to free the arils (seed sacs). The arils will sink to the bottom of the bowl and the membrane will float to the top. Sieve and put the arils in a separate bowl. Reserve 1/3 cup of arils from fruit and set aside. (Refrigerate or

honey

Cooking Spray

1. Combine flours, oats and next 6 ingredients in a large bowl.
2. Place sugar and butter in a separate large bowl. Beat at medium speed until light and fluffy. Add honey, vanilla, egg, and egg white; beat well. Add flour mixture to sugar mixture; beat at low until well blended. Cover and refrigerate overnight.
3. Preheat oven to 350 F.
4. Coat baking sheet with cooking spray. Drop batter by tablespoons onto it. Bake at 350 F for 10 minutes. Cool 2 minutes on pan. Remove and cool on wire rack. Yields 36 cookies
1 cookie: 75 calories; 2.5 grams fat; 1.4 grams protein; 12 grams carbohydrates; 1 gram fiber

Quote of the Month

"Don't be afraid to give your best to what seemingly are small jobs. Every time you conquer one it makes you that much stronger. If you do the little jobs well, the big ones will tend to take care of themselves."
~Dale Carnegie

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freeze remaining arils for another use.) Prepare fresh pomegranate juice.* Place oil in a wok or large skillet and heat until hot. Stir-fry the beans with the lemon peel for 6 minutes. Add the almonds and stir-fry for 1-2 minutes or until beans are crisp-tender. Remove from heat. Season to taste with salt and pepper. Toss beans with reserved pomegranate arils and pomegranate juice; turn onto a serving platter. Arrange goat cheese slices over the top and serve.

Nutrients Per Serving (5.2 oz.): 185 calories, 8g protein, 14g carbohydrate, 12g total fat (5g saturated), 15mg cholesterol, 295mg sodium, 1mg manganese



About Kathleen Searles, MS, RD, LDN

I am a Registered Dietitian and am licensed to practice in Massachusetts, New Hampshire, and Maine. The exciting field of nutrition has been my passion ever since I took a foods class with my friends in high school. Through my work in different states and different settings I have developed my philosophy of helping people improve their diets by finding foods that fit into their particular routines, budgets, and preferences. I look forward to helping you solve your nutrition challenges with tasty and satisfying foods.