

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



Holiday Greetings! This month's newsletter takes a look at the sneaky calories in the alcoholic beverages that are part of holiday celebrations for many. Even those of you who don't drink alcohol can still check out the list of "skinny" mixers that can stand alone as festive, lower calorie drink options. I wish you much happiness and laughter for this holiday season!

- Kathleen Searles, MS, RD, CSSD, LDN

If you are trying to manage your waistline but still want to indulge in a cocktail, here is an estimated breakdown of the best and worst choices. Exact calories will vary based of specific beverage.



100 Calorie Beverages:

- 12 oz Light Beer
- 4 oz Red or White Wine (dry)
- 4 oz Dry Champagne
- 1.5 oz 80 proof liquor (i.e. vodka, rum, gin, and whiskey)
- 4 oz Gin and Tonic
- 4 oz Cosmopolitan
- 4 oz Manhattan
- 4 oz Irish Coffee

100—200 Calorie Beverages:

- 12 oz Regular Beer
- 4 oz Chocolate Martini
- 4 oz Screwdriver
- 4 oz Strawberry Margarita

News and Events:

NEW YEAR SPECIAL! I miss you! If you have come in for some visits in the past and are ready for a "tune-up" for the new year call today to set up an appointment! During January I will waive the co-pay for returning clients. Hope to hear from you soon

Give me a call today (978-697-2834) or send an e-mail (ksearles@lunchbox-nutritionist.com) for more information!

BEWARE OF THE "SKINNY GIRL"

Bethenny Frankel (aka the "Skinny Girl") has created a complete line of cocktails that are sold as a "guilt-free" alternative to your favorite adult beverage. While you can save some calories by drinking the "skinny" version, do not be fooled into believing these beverages are "free" to drink until your heart is content or that these cocktails are "healthy". The truth is a 4 oz serving has approximately 100 calories. The same amount of calories you will find in a 4 oz glass of wine, a 12 oz lite beer, or a 1.5 oz of vodka mixed with 8 oz of club soda and lime.

Dangerous Bartender Mixings: These calorie information for the beverages below is based off of a typical restaurant or bar serving size. Serving sizes and nutrition information can vary greatly depending on size of glass, but the below information is a good estimate.

Pina Colada: 650 calories
Mudslide: 850 calories
Frozen Margarita: 740 calories
Mai Tai: 350 calories
Egg Nog: 600 calories

White Russian: 450 calories
Champagne Cocktail: 250 calories
Daiquiri: 675 calories

Long Island Iced Tea: 780 calories
Note Before continuing to read please remember if you are going to drink, drink responsibly. If you are going to consume alcohol at your holiday festivities please have a designated driver or call a cab. While recent headlines have touted the potential health benefits of alcohol, there are risks associated with excessive alcohol intake such as an increase in colon and breast cancer.*

Preventing the Holiday Hangover:

1. Avoid going to the event on an empty stomach.
2. Drink water or club soda in between cocktails.
3. Avoid salty foods. Consuming foods high in salt will ultimately leave you thirstier, and could have you drinking more alcohol.
4. Give your body enough time to metabolize your beverages. You will burn off about 2/3—1 drink per hour, so pace yourself through the night.
5. Drink lots of water before bed.



Quote of the Month:

"The rhythm of life is becoming faster and faster, so we really don't have the same awareness and the same ability to check into ourselves. That's why mindful eating is becoming more important. We need to be coming back to ourselves and saying: 'Does my body need this? Why am I eating this? Is it just because I'm so sad and stressed out?'"

- Dr. Cheung - Co-author of "Savor. Mindful Eating, Mindful Life."

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In today's "big is always better" society, getting yourself a 4 oz beverage can actually be a challenge to come by, especially since most beverage cups are at least 8 to 12 oz. Next time you are thinking "I'll have another because it is skinny" - think again. Remember, calories do add up.

"Real" Skinny Cocktails....

One of the best ways to create your own "skinny" cocktail is to mix your drink with a low calorie or calorie-free beverage. Not only will you have control over how much alcohol actually goes in your drink, but you can also get more "bang for your buck" by pouring 12 oz of the non-calorie mixer with 1.5 oz (about 100 calories) of liquor. Making a 13.5oz drink for approximately 100 calories is equivalent to 3 "Skinny Girl" Margaritas!

Here are a few of my favorite "guilt-free" mixers

Diet soda or diet tonic
Zevia (soda sweetened with Stevia)
- variety of flavors available including cola, grape, grapefruit, and lemon lime.
Lite juice, such as orange, cranberry, or grape juice
Ocean Spray Diet Sparkling
Cranberry or Pomegranate Blueberry spritzer
Vitamin Water Zero
Crystal Lite Pure
Baja Bob's sugar free margarita or sweet 'n' sour mix
Fresh squeezed lemon, lime, or orange juice mixed with sparkling water
LaCroix's flavored sparkling water

Recipe of the Month: 5-0 Cosmo™



Recipe by: Ocean Spray

Ingredients:

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3 ounces Diet Ocean Spray®
Cranberry Juice Drink
3/4 ounce raspberry Flavored Vodka
Squeeze of lime
Lime twist, garnish

Directions:

Shake ingredients, except lime twist,
until cold, in a cocktail shaker with ice.
Strain into a chilled glass. Garnish
with lime twist. Makes one 50-calorie
serving.



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.