

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



Believe it or not, the holiday season is upon us! This is often a challenging season if you are trying to control your weight or if you have medical limitations on your intake. This month's issue focuses on intuitive eating, an approach that emphasizes awareness of inner body cues over structured diets. Intuitive eaters look for foods that fuel their bodies and satisfy other senses, including taste, smell, and texture. Intuitive eaters are people who...

- Like good food
- Don't like diets
- Don't like being told what to eat
- Don't like food restrictions
- Like to eat real food

The featured recipe this month is an interesting twist on red velvet cake, with the "red" coming from nutrient packed pomegranates. (Pomegranates are also a great snack as is...slice off the top and pull apart the segments to get to the juicy kernels.)

During this holiday season I hope that you can use the principles of intuitive eating to help you enjoy seasonal favorites and family traditions within the overall framework of healthy eating. Be sure to call and schedule a visit if you are feeling overwhelmed with the season's bounty!

- **Kathleen Searles**

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## **Embrace the Season and Enjoy Your Food with Intuitive Eating**



The definition of Intuitive Eating in Wikipedia ([www.wikipedia.org](http://www.wikipedia.org))

*"Intuitive eating is a nutrition philosophy based on the premise that becoming more attuned to the body's natural hunger signals is a more effective way to attain a healthy weight, rather than keeping track of the amounts of energy and fats in foods. It's a process that is intended to create a healthy relationship with food, mind and body. Intuitive eating, just like many other dieting philosophies, goes by many names, including non-dieting or the non-diet approach, normal eating, wisdom eating, conscious eating and more."*

When you learn the art of mindful eating you naturally begin to eat less. Why? Research has found that when individuals, especially chronic dieters, take away the diet rules and learn to listen and trust their body with food, they actually eat less. When you eat less you ultimately consume fewer calories, sugar, fat, and salt. You learn the foods that make you feel good, both physically and emotionally and you identify the foods that make you feel sluggish, irritable, and just not your best self. Finally, you learn the foods you really enjoy eating and you learn to eat less and feel satisfied without guilt.

This holiday season we want to encourage you to release the "control" of your diet and instead embrace the season and learn to enjoy the food around you. Take a new path and learn to become a mindful eater.

### Three Steps to Being More Mindful

1. Identify the foods you really enjoy to eat. Rank the foods as "absolute all time favorite", "really like", "kind of like", "eat because it is there" and "don't like". Start with not serving yourself any foods from the "kind of like", "eat because it is there" or "don't like" category. Be honest with yourself in this exercise.
2. When you eat, serve yourself on a plate, sit down, slow down, and begin to taste your food. Ask yourself "Am I really enjoying this?"
3. Half way through the meal - stop. Ask yourself how "hungry" or "full" am I? If the answer is neutral, then push the plate away.

### Recipe of the Month: POM Velvet Cupcakes with POM Cream Cheese Frosting



Created by: Chef Ashley James, Four Seasons, Beverly Hills, CA

Time to Table: 35 Minutes Prep, 20 - 25 Minutes Baking and 20 Minutes Cooling

Servings: 30 regular cupcakes

Ingredients:

POM Cream Cheese Frosting

Juice from 3-4 large POM Wonderful Pomegranates\*, or  
1-1/2 cups POM Wonderful 100% Pomegranate Juice  
1 cup arils from 1-2 large POM Wonderful Pomegranates  
or POM POMS fresh pomegranate arils

4 oz. soft unsalted butter

8 oz. cream cheese, at room temperature

14 oz. powdered sugar

POM Velvet Cupcakes

Juice from 6-9 large POM Wonderful Pomegranates\*, or  
2-1/2 cups POM Wonderful 100% Pomegranate Juice

16 oz. granulated sugar

12 oz. soft unsalted butter (3 sticks)

### 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!

## Why Become an Intuitive Eater?

When you learn to become a mindful eater then you:

Learn to taste food.

Eat less.

Never go on a diet again.

Feel very satisfied with the food you eat.

Become aware of your hunger and fullness cues.

Rarely overeat.

Enjoy the whole meal - family, friends, and the food.

Find a healthy weight and stay within your healthy weight range.

### Why we love cupcakes:

4 ea large eggs  
1-1/2 cups buttermilk  
2 tablespoons white vinegar  
2 teaspoons vanilla extract  
15 oz. all-purpose flour  
1-1/2 oz. cocoa powder  
3/4 oz. baking soda  
pinch salt  
1/4 cup heavy cream

Preparation:

**POM Cream Cheese Frosting:**

Prepare fresh pomegranate juice\*, score 1-2 fresh pomegranates and place in a bowl of water, break open the pomegranates under water 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 cup of the arils from fruit and set aside, (refrigerate or freeze remaining arils for another use), reduce the pomegranate juice, over low heat, down to 3 fl. oz., Allow to cool, place butter into electric mixer bowl with paddle attachment and cream on medium-high speed for 1 minute, add the cream cheese and continue to mix for 2 more minutes, turn the speed down to low and slowly add in the powdered sugar and the pomegranate juice reduction, mix until the sugar is fully combined, remove icing from the mixer and place into a piping bag with a round or star tip.

**POM Velvet Cupcakes:**

Preheat oven to 350°F, reduce the pomegranate juice, over low heat, down to 1/2 cup, place sugar and soft butter in the bowl of an electric mixer with the paddle attachment, cream on medium-high speed, until the mixture is pale yellow and fluffy, turn the speed down to low and add the eggs in one at a time, in a separate bowl, combine the buttermilk, pomegranate juice reduction, white vinegar and vanilla extract, and then slowly add half of this to the mixer, combine the flour, cocoa powder, baking soda and salt, and then sift at least two times until well mixed, add half of this to the mixer, add the remaining half of the liquids to the mixer, and then the remaining dry ingredients, finish off with the heavy cream, beat just until combined, place cupcake liners into cupcake pan, and using a spoon, fill with cake batter until it is just about 3/4 full, bake for 20 to 25 minutes, or until a toothpick inserted in the middle comes out clean, allow the pan to cool slightly, and then remove cupcakes to a wire rack to cool fully, once the cupcakes are cooled completely, they can be iced with the pomegranate cream cheese frosting and topped with fresh pomegranate arils.

Notes:

\* For 4 cups of juice, cut 8-12 large POM Wonderful Pomegranates in half and juice them with a citrus reamer or juicer. Pour the mixture through a cheesecloth-lined strainer or sieve. Set the juice aside.

**Nutritional Information:**

Nutrients per Serving (1 cupcake without frosting): 161 calories (75 calories from fat), 2g protein, 9g total fat (6g saturated), 20g carbohydrates, <1g dietary fiber, 40mg cholesterol, 13g total sugars, 5mcg vitamin A RE, 157mg sodium, 15mg potassium, <1mg vitamin C.

Nutrients per Serving (1 cupcake with frosting): 240 calories (109 calories from fat), 3g protein, 13g total fat (8g saturated), 31g carbohydrates, <1g dietary fiber,

Cupcakes are the perfect dessert when beginning your journey to become an intuitive eater. Why?

1. Portion controlled.
2. Made with real ingredients.
3. Intended to be served on small plates.
4. Remind us of childhood, when there was no thought of calorie counting, or big thighs, or the consequences of eating too much sugar....
5. When we were a child it was also easy to leave half behind and run to go and play when we were satisfied.
6. Embrace no guilt, but state pure pleasure.
7. Taste good.

### Quote of the Month

"We must be free not because we claim freedom, but because we practice it. "  
-William Faulkner

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51mg cholesterol, 23g total sugars, 23mcg vitamin A RE,  
175mg sodium, 37mg potassium, 1mg vitamin C.



### **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.