



# Nutritionally Speaking

With Renata Shiloah, M.S., R.D., CDN

## Choosing Wisely at Holiday Events!

- Fill up half your plate with vegetables
- Choose water, seltzer, coffee, or tea
- Eat a healthy snack before the event
- Don't skip meals before the event
- Avoid creamy sauces and salad dressings. Go for vinaigrettes or low-fat options.
- Use a small plate
- Portion control your indulgences



## Tips for Preventing Holiday Weight Gain

**Make time for exercise.** The holiday season can be hectic. Be sure to create time for exercise. Be physically active and walk as much as possible.

**Portion Control.** Stay away from large portions and multiple courses. It's okay to indulge in your favorites, but be sure to have them in smaller portions.

**Healthy Snacking.** Eat regular meals throughout the day and healthy snacks, especially before holiday events. Having a healthy snack before you go can prevent overeating.

**Bring a healthy dish to the party:** roasted vegetables, salads, fruit salad, hummus platters.

**Don't eat until you're completely stuffed.** Stay mindful of eating just enough for your hunger and enjoyment, rather than eating to the point of being too full.



## *Winter Vegetable Stew*

### *Ingredients*

- 1 brown onion, diced
- 1 carrot, chopped
- 1 parsnip, chopped
- 2 celery sticks, diced
- 1 cup vegetable stock
- 14-oz can crushed tomatoes
- 14-oz can pinto, navy, or kidney beans, rinsed and drained
- 2 sprigs parsley

*Adapted from Goodfood.com.au*



### **Directions**

1. Bring a pot to medium heat with a drizzle of olive oil. Sauté the onion and celery for 3 - 4 minutes.
2. Add the carrot, parsnip, beans, canned tomatoes, stock and season with pepper. Cover and cook for 10 minutes.
3. Spoon into bowls and sprinkle with parsley. Serve with warm bread.



## *Holiday Quinoa Salad*

### *Ingredients*

- 1c quinoa
- Salt
- Black pepper
- 1 medium squash, peeled, seeded, and thinly sliced
- 1c kale, spinach, or other leafy green
- 1/3c pecans
- 1/3c dried cranberries
- 1 tbsp. balsamic vinegar
- 2 tbsp. extra-virgin olive oil
- 1/3c crumbled low sodium feta

### **Directions**

1. Preheat oven to 425°F
2. In a medium saucepan, combine quinoa and 2 cups water. Bring to a boil, then reduce heat and simmer, covered, 15-20 minutes. Season with salt and pepper. Spread out on a tray to cool completely.
3. Arrange squash on a baking sheet and roast until tender and golden, about 15 minutes.
4. Whisk together balsamic vinegar and olive oil. Toss with quinoa, squash, kale, pecans, cranberries, and feta. Season with pepper and serve.



*Adapted from Delish.com*



## *Dear Renata...*

**Dear Renata,**

**I find it difficult to remember to drink water in the winter. Do you have any tips to staying hydrated?**

**- SK**

Dear SK,

This winter, try to stay hydrated with water, rather than juices or other high-sugar drinks. Seltzer is also a great option. Aim for 6-8 cups of fluid a day. Carry a water bottle wherever you go, and sip throughout the day! Mix in some lemon or lime for a boost of vitamin C.

It's easy to forget that beverages and alcohol have calories. They don't fill you up, but the calories and sugar can easily add up throughout any holiday event. Go for the water to quench your thirst, then have a smaller portion of other beverages.

- Renata



**Dear Renata,**

**I'm worried about gaining weight during the holiday season, but I also don't want to miss out on the festivities this year. Should I just start fresh in 2018?**

**- LW**

Dear LW,

Food is an important part of celebration, and you don't have to deprive yourself completely. However, it's important to be prepared for the possibility of a lot of tempting food. Setting up good habits for the New Year can help you be more successful in the long run.

Eat balanced, normal meals before holiday events. At the event, fill up on vegetable appetizers or a side salad first. Use portion control and choose your indulgences wisely. For example, choose one of your favorite desserts and have a small piece of it. Don't take leftovers home, or if you're hosting, send guests home with the leftovers.

- Renata





# Ongoing Programs

☐ **Acupressure Group:** Tuesdays 1:30pm – 2:30pm

☐ **Weight-loss Support Group:** Wednesdays

10:00am – 11:30am \*Participants must register for the weight-loss group. Please contact Renata Shiloah, RD at 212-227-8401 ext. 159 to register.

☐ **Nutrition Therapy:** for an appointment, contact Renata Shiloah, RD at 212-227-8401 ext. 159 or make an appointment at the front desk (referral is needed)

New Wellness Group Coming Soon! For more information contact Renata Shiloah MS RD CDN 212 227 8401 ext 159



**Flu Season is Upon Us! Get your Flu Shot Today!**

**Make an appointment today!**

**Betances Health Center,  
280 Henry Street, NY, NY 10002  
212 227-8401**



**BETANCES HEALTH CENTER**

## *T'was The Holiday Season*

T'was the the Holiday Season, and all through the house  
Nothing would fit me, not even a blouse.

The cookies I'd nibbled, the eggnog I'd taste  
At all the holiday parties had gone to my waist.

When I got on the scales there arose such a number!  
When I walked to the refrigerator I heard thunder!

I'd remember the marvelous meals I'd prepared;  
The gravies and sauces and beef nicely rared,

The wine and the rum balls, the bread and the cheese  
And the way I'd never said, no thank you, please."

As I dressed myself in my husbands old shirt  
And prepared once again to do battle with dirt---

I said to myself, as only I can  
"You can't spend the Holidays disguised as a man!"

So—away with the last of the sour cream dip,  
Get rid of the fruit cake, every cracker and chip.

Every last bit of food that I like must be banished  
"Till all the additional pounds have vanished.

I won't have a cookie—not even a lick.  
I'll want only to chew on a celery stick.

I won't have hot biscuits, or corn bread, or pie.  
I'll munch on a carrot and silently cry.

I'm hungry, I'm lonesome, and bored,  
But isn't that what this time of year is for?

Unable to giggle, no longer a riot.  
I KNEW I couldn't stick to that HORRID DIET!!

I decided right then to a change in lifestyle.  
So back to Betances nutrition program, I went with a smile.

I know that 2018 is the year I will WIN,  
And never get into that vicious cycle again!

This time I'll reach my GOAL- watch that cake, watch that beer!  
Cause I'll be in my bikini by the time summer's here!!

**The Betances Nutritionist will help you achieve your weight/fitness  
goals the healthy way!  
(212) 227-8401**