



## HEALTHY TIPS & RECIPES FROM BURBANK COMMUNITY YMCA

### HEALTHY TIPS FOR DECEMBER 2011

#### 7 Ways to Keep Weight Off During the Holiday

Every year during the holiday season you attend parties and office gatherings with family, friends, colleagues and at these festivities there are lots of food. And when the holiday season is over you notice you have gained weight. It is important to continue to maintain your weight or keep weight off during the holiday season.

Here are 7 ways you can keep the extra holiday pounds off.

1. **Keep Moving**

Continue exercising to burn those extra calories you may be taking in during the Holiday season.

2. **Watch your Portion Sizes**

Pick foods you want to eat and keep portions small. Keep in mind usually just a taste can satisfy your craving.

3. **Eat Right**

Choose raw vegetables with a small amount of dip and fruits.

4. **Initially cut by half**

If you are dining out when you receive your meal cut your portion by half and take the rest home to avoid eating a large meal. This will also allow you to have room for dessert...

5. **Greet and socialize**

Conversation with family, friends, and co-workers away from the buffet table to avoid unconscious eating and this will allow you to eat slowly and most importantly enjoy the party.

6. **Hunger**

Do not go hungry to any holiday party especially parties with buffet table. Have a small low-calorie snack before if the party to prevent over-eating.

7. **Time**

Eat slowly and give yourself about 20 minutes before you decide to head back to the buffet table because you may be full.

Enjoy every holiday season and continue your healthy habits throughout the year!

Source: [www.eatright.org](http://www.eatright.org)

## Healthy Recipe for December 2011

### Crunchy Pear-Celery Salad

(From *EatingWell* - has been slightly modified)

Preparation time: 25 minutes

Serves: 6 (1 cup each)

#### Ingredients:

- 4 stalks celery, trimmed and cut in half crosswise
  - 2 tablespoons cider, pear, raspberry or other fruit vinegar
  - 2 tablespoons honey
  - Salt, to taste
  - 2 ripe pears, preferably red Bartlett or Anjou, diced
  - 1 cup finely diced low-fat white cheddar cheese
  - 1/2 cup chopped pecans, toasted (see Tip)
  - Freshly ground pepper, to taste
  - 6 large leaves butterhead or other lettuce

#### Method:

- Soak celery in a bowl of ice water for 15 minutes. Drain and pat dry. Cut into 1/2-inch pieces.
  - Whisk vinegar, honey and salt in a large bowl until blended. Add pears; gently stir to coat. Add the celery, cheese and pecans; stir to combine. Season with pepper. Divide the lettuce leaves among 6 plates and top with a portion of salad. Serve at room temperature or chilled.

#### Tips:

- Prepare salad without pecans up to 2 hours ahead. Stir in pecans just before serving.
  - To toast chopped pecans, cook in a small dry skillet over medium-low heat, stirring constantly, until fragrant and lightly browned, 2 to 4 minutes.

#### Nutrition:

Per serving: 215 calories; 13 g fat (5 g saturated , 4 g monounsaturated); 20 mg cholesterol; 20 g carbohydrates; 5 g protein; 4 g fiber; 219 mg potassium.

Carbohydrate Servings: 1

Source: [http://www.eatingwell.com/recipes/crunchy\\_pear\\_celery\\_salad.html](http://www.eatingwell.com/recipes/crunchy_pear_celery_salad.html)