



A point in time, marking a key event or accomplishment

THE MONTHLY E-NEWSLETTER OF OKLAHOMA WEIGHT LOSS OPTIONS • NORMAN, OK

Send in questions, recipes, comments, topics of interest, etc.

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Time for the Holidays!

The holidays are a time for enjoyment, family and fun. But realistically, sometimes its very stressful and in the past may have been a free-for-all eating fest as far as weight management is concerned. Do not put your weight control on the back burner until January, be prepared for what lies ahead. Do not set yourself up to feel guilty if you do indulge, or feel deprived if you make a solemn vow not to taste or eat. Stay in control...here's how:

- ◆ **Be aware of your food triggers.** If the football game usually means sausage balls and beer, think of an alternative way to suit your nutrition needs (and everyone else's!)
- ◆ **Avoid arriving to a holiday party hungry.** Eat or drink something healthy before you arrive to help avoid temptation. Focus on the social aspect of the party, not the food aspect.

◆ **Take a bite of something that you only get at holidays.** Avoid the cookies, chips, etc. that you could eat any other time during the year.

◆ **Volunteer to bring a low fat/low sugar holiday dish!** Try homemade cranberry sauce sweetened with Splenda® instead of sugar.

◆ **Stick to your guns.** In most families...food=love. Sometimes the family influence is strong and Aunt Becky will be crushed if you don't eat her chocolate pumpkin cheesecake. Eat what you know you will tolerate and explain to them why you don't need to have 3 helpings of stuffing. (Suggest they try your sugar-free cranberry sauce!)

◆ **Do not take a holiday from your exercise.** Continue your normal workout routine in addition to extra activities like power walking while Christmas shopping, or take a walk with your family after a meal.

◆ **DON'T FEEL GUILTY.** Long-term weight loss and maintenance is a long-term effort and one day will not "make or break" your goals. Keep a positive attitude, bounce back and keep going!

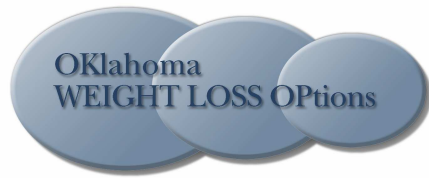
Happy Holidays from Dr. Keith, Dr. Nelson, and the Oklahoma WEIGHT LOSS Options Staff!

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A few quick tips to modify holiday recipes:

- ◆ Top casseroles with slivered almonds instead of fried onions
- ◆ Use store-bought fat-free gravies
- ◆ Substitute apple or orange juice with cinnamon for margarine or butter in candied yams
- ◆ Use crushed ginger snaps as pie crust; lower in fat and adds additional holiday spice!



November 2005

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3 AGB Support Group 6-7 pm NRH HealthPlex (3rd floor conference rm.) Exercise Demonstration: Theraband	4	5
6	7	8 RNY Support Group 6-7:30 pm NRH HealthPlex (3rd floor conference rm.) Holiday Eating	9 Informational Seminar 6:30 pm NRH Education Center	10	11	12
13	14	15	16	17 AGB Support Group 6-7 pm NRH Healthplex (3rd floor conference rm.) Holiday Eating	18	19
20	21	22 RNY Support Group 6-7:30 pm NRH Healthplex (3rd floor conference rm.) Weight Management on the Road	23 Informational Seminar 6:30 pm NRH Education Center	24	25	26
27	28	29	30			