

EAST END NUTRITION NEWS

HOLIDAY 2016, ISSUE 3



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2. **Holiday Donating:** Where to Give
3. **Recipe:** Simple and Hearty Pumpkin Soup
4. **10 Tips** to Avoid Holiday Weight Gain

CLEAN SWEEP YOUR PANTRY FOR THE HOLIDAYS

Set yourself up for better nutrition this holiday season by cleaning the junk out of your pantry. When you get rid of processed food in your pantry you will be making room for healthier pantry items like nuts, legumes, and whole grains. Getting rid of packaged processed foods that are high in refined carbs and sodium, and low in fiber will help you start fresh and limit temptations to resort to these convenience foods in a pinch. Save the indulging for the holiday celebrations!

Clear Out: Chips, cookies, soda, sugary cereals, white bread, packaged baked goods, candy, baking mixes

Stock Up: Dried or canned beans, oatmeal, brown rice, whole wheat pasta, barley, quinoa, lentils, nuts, nut butters, whole wheat flour, canned tomatoes, olive oil, canned tuna

Keep it Clean: Keep your pantry clean and full of healthier items. To make sure you keep bad choices out of the pantry, be sure to start reading food labels at the grocery store. Read

the ingredient list, remembering that the ingredients are listed in order of greatest to lowest volume in the item. Aim low (5% of daily value or less) in saturated fat, trans fat, cholesterol and sodium. Buy foods higher in fiber by switching to whole grain products.

Give Back: This time of year is all about giving. Consider donating the food items you've cleared out along with items like canned beans, and stuffing mixes to local food pantries or holiday food drives.

YOUR OPINION MATTERS TO ME

Please take a moment and fill out a survey about my office, staff, and care.

www.healthgrades.com/review/YDJ7HRZ

WINTER FARMER'S MARKET

Riverhead: Visit the downtown Riverhead market located at 117 East Main Street. The market has once again moved indoors for the cold winter months. The market is open from 10am-3pm on Saturdays.



GOALS FOR THE SWING EATER

Swing eaters tend to approach healthy eating with the notion that it is all or nothing. For swing eaters one day or meal of unhealthy eating can completely throw them off and they may give up completely. In reality it is very possible to have a healthy diet and still indulge from time to time.

Embrace All Foods- Remind yourself that no single food causes weight gain. Weight management is based on total calories and not on restricting certain foods or food groups. Don't think of food as being "Good" or "Bad"

Add Fiber and Healthy Fats for More Eating Pleasure- Add fiber-rich foods to your meals and snacks to increase your sensation of fullness. Make meals taste better by using moderate amounts of healthy fats, such as nuts, avocado, olives, and oils that are liquid at room temperature

Enjoy Once Off-Limit Foods in Smaller Portions- Slowly incorporate foods you once considered "bad" into your eating plan. Purchase portion-controlled packs of your "off-limit" foods to help control portions. Savor every bite and take your time.

Socialize and Enjoy- Enjoy once "off-limit" foods in the company of others. This may help you avoid overindulging when you are alone. When you are in a restaurant with companions, order what you want, not what you "should" eat. Stop eating when you feel the first signs of fullness. Don't feel that you must clean your plate.



ADDING PHYSICAL ACTIVITY TO YOUR ROUTINE

We know it can be hard to stay active during the colder months. Adding lifestyle exercise to your day can be a great way to keep moving all year long!

Lifestyle exercise is a way of incorporating exercise into your day-to-day routines. We may not even realize all of the opportunities for exercise throughout the day without stepping foot in the gym.

Adding physical activity throughout your day can be great for stress relief, pain management, improving your mood, and helping you feel less fatigued. We also

receive some of the same benefits as we would through conventional exercise like maintaining bone density, building muscle and strengthening the heart.

Some Ideas for Lifestyle Exercise Include:

- Mowing your lawn
- Raking leaves
- Carrying groceries
- Walking instead of driving
- Taking the stairs
- Playing with your children
- Dancing to your favorite music
- Cleaning out the garage or attic
- Washing your car by hand
- Gardening and yard work
- Painting your home
- Going for a walk
- Getting up from your desk to walk

HOLIDAY DONATING: WHERE TO GIVE

Maureen's Haven- 28 Lincoln St,
Riverhead, NY 11901

**Long Island Council of
Churches-** 407 Osborn Ave,
Riverhead, NY 11901

Living Water Church- 24 Shade
Tree Ln, Riverhead, NY 11901

The Salvation Army- 130
Osborn Avenue, Riverhead, NY
11901

**Community Action of
Southampton Town-** 311 Front
Street Greenport, NY 11944

North Fork Parish Outreach-
69465 Main Rd, Greenport, NY
11944

Keep in Mind When Donating:

- Ask what is needed before you give
- Give healthier options- low sodium canned items and whole grains
- Check expiration dates before donating
- Do not donate damaged cans- this can put families at risk for foodborne illness
- Give items you would like to receive

Most local churches collect non-perishable items all year round to donate to local food pantries. If none of the listed locations are convenient, give a church in your area a call to see if they accept donations.

10 TIPS TO AVOID HOLIDAY WEIGHT GAIN

As the New Year begins, make sure that you start out by embracing new opportunities, especially new healthy foods.

1. Start your day with exercise.
2. Get enough sleep.
3. Watch your alcohol intake.
4. Don't forget to drink water, you may mistake thirst for hunger.
5. Don't arrive hungry. Have a nutritious snack beforehand.
6. Save your appetite for the main course.
7. If you're hungry before the meal, reach for the vegetables.
8. Bring something that you know is a healthy choice.
9. Limit desserts to small portions.
10. Take a walk as a family after the meal.

SIMPLE AND HEARTY PUMPKIN SOUP

INGREDIENTS:

- 2lb/1 kg pumpkin (any), chopped into large chunks (remove skin and seeds)
- 2 medium onions, sliced
- 2 cloves of garlic
- 3 cups chicken stock
- 1 cup 2% milk
- Salt and pepper
- Whole grain croutons
- ¼ cup Fresh Parsley, finely chopped

DIRECTIONS:

- Combine all ingredients (except salt and pepper) in a saucepan and bring to boil, then reduce heat and let simmer until pumpkin is tender.
- Remove from heat and use a stick blender to blend until smooth. If you don't have a stick blender, you can use a regular blender.
- Season to taste with salt and pepper, then serve with whole grain croutons.
- Add chopped herbs if desired.



ABOUT EAST END NUTRITION

At East End Nutrition we believe in a whole food approach: Good nutrition does not come in a box or a bag. Nutrition has monumental effects on our bodies and has an ability to prevent, alleviate and even heal many health conditions. We view diets in a very personal context; change must be made slowly and long term, because there are no quick fixes. Nutrition advice is based on scientific evidence and plans are personalized to each patient's specific health goals and preferences.

Lara McNeil, MS, RDN, CDN is a nutrition and dietetics professional with a Masters of Science in Nutrition from Stony Brook University's School of Medicine where she also completed her Dietetic Internship with a Clinical Nutrition emphasis. She received her Bachelor of Science degree in Dietetics from Kansas State University. As a member of the Academy of Nutrition and Dietetics, she keeps up to date with the latest nutrition research and continuing education to enhance her knowledge and skills. Lara is also certified by the State of New York as a Dietitian-Nutritionist, holds a certificate of training in Adult Weight Management, and is a member of the American Association of Diabetes Educators.



MEDICAL NUTRITION THERAPY improves health outcomes, quality of life and lowers health-care costs. Medicare covers outpatient MNT provided by registered dietitians for beneficiaries with diabetes, chronic renal insufficiency/end-stage renal disease (non-dialysis renal disease) or post kidney transplant. Many other private insurance companies also cover MNT services for a variety of conditions and diseases.

This issue was prepared with the assistance of Gigi Rutherford, Dietetic Intern from Lenoir Rhyne University

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