



## WOMEN'S NUTRITION MATTERS, LLC

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Two more weeks till Christmas: how are you holding up? 'Tis the season for extra stressing, over-eating, under-exercising and over spending!

Don't let the holiday season be the reason for you to gain extra weight or give up on your healthy eating and exercise plan. In fact, it can be your salvation to getting you through this difficult season unscathed!

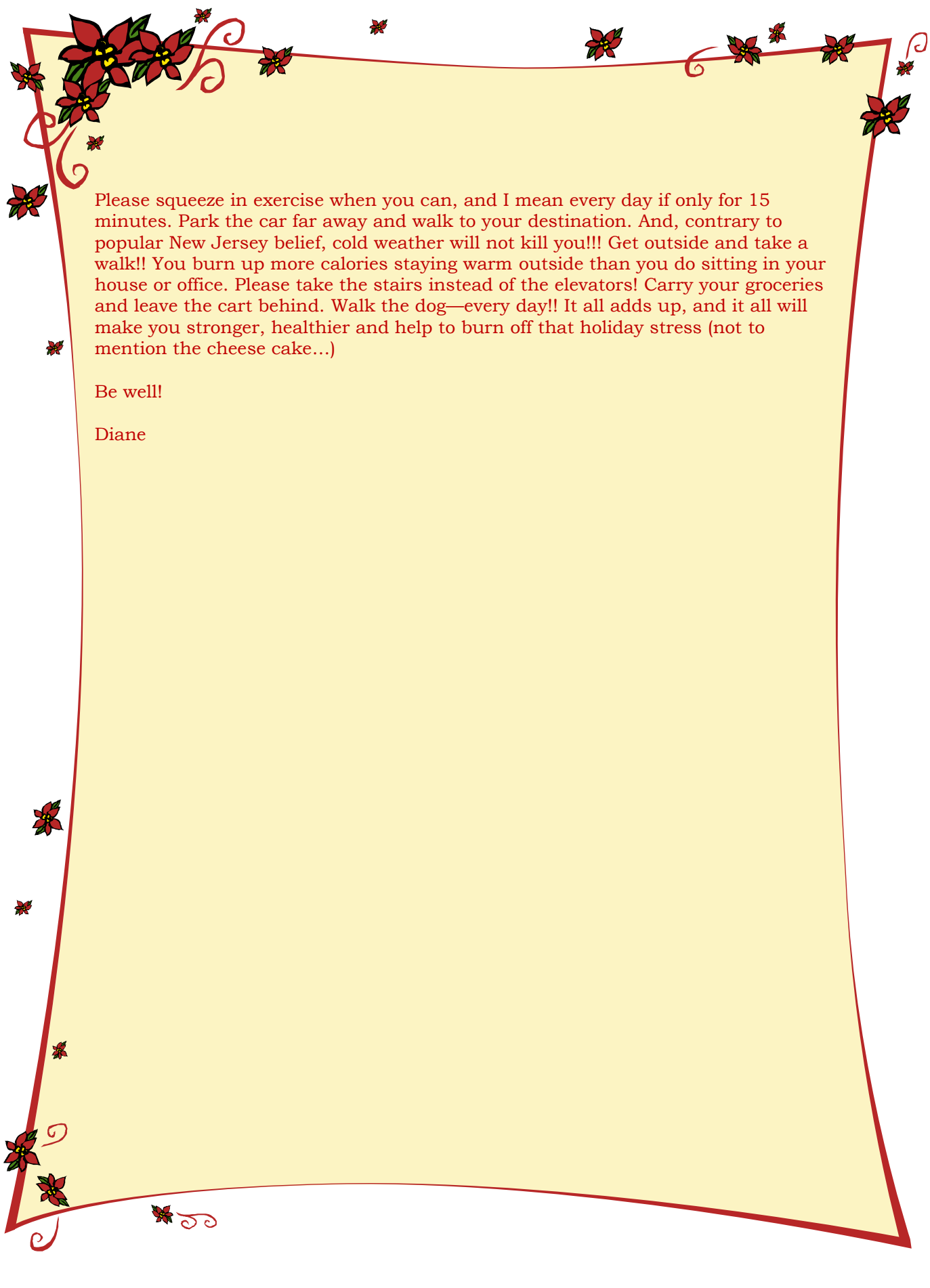
A few rules to live by:

1. Never go to a party hungry. Eat a healthy snack like a salad with a bit of protein (think beans or leftover fish or chicken) before you go. Green smoothies work GREAT here. Even go so far as to have an accountability partner who will help you steer clear of the sweets!
2. Sip seltzer while you mingle---limit your alcohol to one glass and nurse it!!
3. Is your office filled with candy and cookies? Keep a glass of water or a mug of tea in hand at all times. Sip readily and steadily!!
4. Chew sugarless gum. I prefer the kind with Xylitol as a sweetener, but any will do if it gives your jaws a workout and keeps you from noshing on sweets. Go for the minty kind, not the sweet, fruity kind so it freshens your breath and cleanses your palate.
5. If you do eat sweets, brush your teeth and tongue immediately! Keep a brush on hand, and remove the lingering evidence. You will be less likely to over-indulge if you brush!

Need a good, healthy alternative to sugary cookies? Check these out:

PEANUT BUTTER BLONDIE BARS WITH CHOCOLATE CHIPS(from the Whole Foods Diet Cookbook)

Preheat oven to 350. Coat a 8"x8" baking dish with baking spray. In a medium bowl, combine **1 cup natural chunky peanut butter, 3 organic eggs, 3/4c brown sugar, 1/4c soy or cow's milk and 2 tsp vanilla extract** until smooth. Add **1 tsp aluminum-free baking powder** and blend thoroughly. Mix in **1c wheat germ and 1/2c whole wheat pastry flour** until blended. Stir in **3/4c mini dark chocolate chips**. Scrape batter into prepared pan and bake for 25 minutes, until a knife inserted into center comes out clean. Remove from oven and let rest on a rack for at least 15 minutes before cutting into squares. Enjoy!!!



Please squeeze in exercise when you can, and I mean every day if only for 15 minutes. Park the car far away and walk to your destination. And, contrary to popular New Jersey belief, cold weather will not kill you!!! Get outside and take a walk!! You burn up more calories staying warm outside than you do sitting in your house or office. Please take the stairs instead of the elevators! Carry your groceries and leave the cart behind. Walk the dog—every day!! It all adds up, and it all will make you stronger, healthier and help to burn off that holiday stress (not to mention the cheese cake...)

Be well!

Diane