

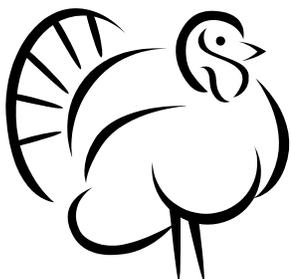


Hummus with Sesame  
 1 –19 oz tin chickpeas, rinsed and drained  
 2 cloves garlic, minced  
 3 tbsp lemon juice  
 1/2 tsp hot red pepper sauce  
 1 tbsp sesame oil  
 1/2 tsp ground cumin

1. In food processor or blender, puree chickpeas coarsely (if you are using blender, add 1/4 cup water and puree in two batches).
2. Add garlic, lemon juice, hot pepper sauce, sesame oil and cumin. Puree until mixture is as smooth as you wish. Taste and adjust seasoning if necessary.

Per tbsp: 27 kcal, 4 g carbohydrate, 1 g fiber, 1 g total fat, 1 g protein.

From: Bonnie Stern's *Simply Heart Smart Cooking*, 1994.



# Maintaining Weight Over the Holidays

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## TIPS TO AVOID HOLIDAY WEIGHT GAIN

*According to a research study from the National Institutes of Health, most adults gain about a pound from Thanksgiving to New Year's Day.*

Although this may not sound like a lot of weight, most people do not lose the weight after the holiday season. Over time, this may contribute to adult obesity.

Here are some tips on how to avoid holiday weight gain:

1. Be more active. If you exercise for 30 minutes three times a week, increase that to 45 minutes five times a week.

### MY HOLIDAY STRATEGIES...

- 1.
- 2.
- 3.

2. Plan ahead, never go to a party hungry. It is easy to lose your inhibitions if you're starving, then everything looks good.
3. Eat more fruits and vegetables. Aim for seven-a-day.
4. Choose wisely. Select the simplest foods on the buffet that are not fried or coated with sauces.
5. Eat a small portion of the dessert that looks best to you.
6. Watch the drinks. A light beer or wine would have less calories.
7. Practice saying "no thanks".
8. Enjoy the socializing. Conversation has zero calories.
9. Consider bringing a low

calorie treat that you'll enjoy. Most people love fruit.

10. Reduce temptation by only eating in the break room at the office or kitchen table at home.



### References:

1. <http://www.webmd.com/diet/features/10-ways-to-avoid-holiday-weight-gain>
2. [http://my.clevelandclinic.org/heart/prevention/nutrition/holidayeating12\\_01.aspx](http://my.clevelandclinic.org/heart/prevention/nutrition/holidayeating12_01.aspx)
3. <http://www.nichd.nih.gov/news/releases/holidayweightgain.cfm>

### Speedy Fruit Dip

3/4 cup orange or pineapple juice  
 3/4 cup non-fat or low fat plain yogurt  
 1 package of light vanilla instant pudding mix

1. Stir all ingredients for 4 minutes.
2. Serve with fresh fruit sections.

Per 1/4 cup: 63 kcal, 2 g carbohydrates, 0.3 g fiber, 0.7 g fat, 3 g protein

From: *Cook Well Eat Well!*  
 Porcupine Health Unit, 1994.