

Fall Activities and Ongoing Programs for Nutrifit

Nutrifit Sport Therapy's Free "Fit for Life" Outings

Fit for Life will meet on Sunday, 11/22 at 3 p.m. at Amicalola Falls State Park in Dawsonville for a hike. All hikers are to meet at the staircase by the water fall. Amicalola Falls State Park is located at 418 Amicalola Falls Lodge Rd., Dawsonville, GA 30534. For directions, contact the park at 706-265-4703 or go to its web site: <http://gastateparks.org/info/amicalola/#directions>. You can R.S.V.P. by contacting us at 770-457-1457 if you are interested in attending. The next outing will be yoga at Life Fit Studio (life-fitstudio.com) on Monday, 12/14 at 7 p.m.

Finding Balance Group

Finding Balance is a group for men and women who struggle with exercise and food issues. You will meet with others who share similar problems and receive support. Learn and maintain healthy coping skills and time management. Relaxation practice is included in every group. This group is co-facilitated by Page Love, RD, and Meg McLeroy, licensed Marriage and Family Therapist. Register by calling 770-457-1457. The cost is \$60 per group payable by the month. The group meets every 2nd and 4th Thursday.

Become a Breakfast Club regular on Saturday, 11/21!

The **Breakfast Club** is FREE for anyone who struggles to eat a healthy breakfast on a regular basis. This monthly meal group offers a time to work on eating, making balanced choices, trying more challenging foods, adding more variety to your menu plan, and selecting appropriate portions. You'll meet with Page Love, MS, RD, LD, who will provide coaching to help you push through food fears with peer support. Meetings are every other Thursday or Saturday of the month from 8:30-9:30 a.m. Next meeting is Saturday, 11/21, at J. Christopher's (770-395-1642), 5482 Chamblee-Dunwoody Rd., Dunwoody, GA. Our next meeting will be at this same location and time on Thursday, 12/17.

Free ANAD Eating Disorders Support Group

ANAD (Association for Anorexia Nervosa and Associated Disorders) meets from 10 to 11:00 a.m. every Saturday at the Nutrifit offices. ANAD is a free support group for women and men struggling with anorexia, bulimia, and compulsive overeating as well as families and friends wishing to be involved in the recovery process. For more information, call Nutrifit at 770-457-1457.

Healthful Holiday Eating Hints

Page Love, MS, RD, LD, CSSD

With the upcoming holidays and traditionally high calorie holiday cooking, this article serves to provide some healthier alternatives for these treacherous times for dieters.

FOR PARTIES: Don't arrive hungry; have a low-fat snack before you leave. Begin by socializing, spending more time with your friends and less time eating. Start off with water and continue to drink it between other beverages; this will always give you a full feeling. Look over all available appetizer options and choose fresh vegetables and fruits, wheat crackers, plain breads, boiled shrimp, cocktail sauces, and non-alcoholic beverages (or suggest a mock champagne mix of lemon lime soda and cranberry juice).

Try to avoid mayonnaise and cream-based sauces, dips, and soups. Offer to bring your own low-calorie hors d'oeuvres. Try to stick to small portion sizes and don't go back for seconds. Stretch out less food over more time, chewing each bite thoroughly and savoring each mouthful. This leaves you more satisfied.

When you start to feel satisfied, stop eating and dispose of the remaining food; now may be a great time to excuse yourself to brush your teeth, signaling the end of the meal. Plan ahead for these high-calorie events by decreasing calorie intake or increasing exercise for several days prior to a party. Even if you have not had time to calorie bank, following the same ritual after a high calorie event will help you to balance your calorie intake over several days (remember, it takes an excess of 3500 calories to increase your body fat weight by one pound, so one day of overeating can easily balance out for weight maintenance).

FOR HOLIDAY MEALS AT HOME: Start off the day with a light breakfast; consider replacing the usual breakfast sausage with a home-made breakfast sausage made from ground turkey and dry bread crumbs mixed with pepper, paprika, sage, and diced onion; go easy on frozen biscuits and crescents with butter and eggs early in the day; save up those calories for the big dinner! Instead, try oatmeal, grits, toast, fresh fruit, etc., for a lighter start.



For snacks before the big meal, have raw vegetables, fruit, and low-fat whole wheat crackers with yogurt dips or part-skim milk cheeses; try to avoid nuts, chips, and sweets. Low-fat options for holiday meal components are homemade cornbread stuffing made from bread crumbs, crumbled corn bread, low-sodium bullion, onion, pepper, and poultry seasoning; mix all of these ingredients in a large mixing bowl and baked in a non-stick pan at 350 degrees for 45 minutes. Traditional stuffing cooked inside the turkey will absorb much of the meat drippings.

Other low-fat options are to use low-sodium chicken bouillon instead of meat drippings for gravy mixes, acorn squash casserole as an alternate to sweet potato casserole, home-made cranberry sauce made from fresh cranberries to lessen high sugar levels found in canned varieties, and meringue pies with graham cracker crust as an alternative to high-fat pecan pies. Choose light meat versus dark meat turkey cuts for less cholesterol and total fat; also don't forget to remove the skin!



Nutrifit welcomes Sarah Marjoram MS, RD, LD

Sarah Marjoram is a Registered and Licensed Dietitian. She holds a BS in Spanish and earned her MS in Nutrition Science.

Sarah Marjoram works with children and adults to achieve weight management and prevent chronic disease. She educates parents and families on how to successfully deal with childhood nutrition and feeding challenges. She further specializes in helping children and families establish healthy eating practices. Sarah works with individuals as well as groups.

CRUSTLESS PUMPKIN PIE

INGREDIENTS:

- 16 oz. can solid pack pumpkin
- 12 oz. can evaporated skim milk
- 1 egg plus 2 egg whites or ½ cup egg substitute
- ½ cup Bisquick®
- 1 tbsp. brown sugar
- 2 tbsp. sugar
- 4 packages sugar substitute
- ¾ tsp. cinnamon
- ½ tsp. cloves
- 2 tsp. vanilla



Heat oven to 350 degrees and spray vegetable oil on a 9-inch pie pan. Place all ingredients in a blender, food processor or mixing bowl and blend one to two minutes. Pour mixture into a pie pan. Bake 50 minutes or until center puffs up. Let cool before serving. Serves eight.

Nutrition information per serving: Calories-118, Calories from fat-19. Total fat-2.2g

WHAT ABOUT SUGAR SUBSTITUTES?

STEVIA – (*Truvia-Coca-Cola/Cargill, Purevia-Pepsi/Whole Earth Sweetener Co., SweetLeaf*)

- ☛ Stevia comes from the dried leaves of a South American shrub which has been used for centuries in South America.
- ☛ The two main sweet-tasting compounds of stevia are rebaudioside A and stevioside. Both are so closely related that damaging evidence for one casts a shadow on the other.
- ☛ In some studies, UCLA toxicologists noted that stevioside caused mutations, chromosome damage, or DNA breakage in rats.
- ☛ Truvia and Purevia are both 95% rebaudioside A and are chemically the same as Stevia.

The perfect product should have the sweetness of sugar without causing weight gain. Artificial sweeteners are effectively zero calories, yet they're hundreds of times sweeter than sugar. Food scientists theorize that they increase our sweetness intensity cravings. So, it may be better to just go for the real thing.

SUCRALOSE – *Splenda*

- ☛ Sugar (sucrose) chemically bound to chlorine atoms that are substituted for hydrogen-oxygen groups in ordinary sugar.
- ☛ Humans cannot break the bond between sugar and chlorine so sucralose passes through undigested.
- ☛ Another common use for elemental chlorine is bound to sodium to make sodium chloride (table salt).
- ☛ It appears to be safe, but it is not a "natural sweetener" as claimed.
- ☛ To date, research has not established an increased cancer risk.

Nutrifit Sports Therapy, Inc. is Moving...

At the end of January 2010, our exciting new location will be:

1117 Perimeter Center West, Suite 507, Atlanta, GA 30338.

Our phone numbers will still be:

770-457-1457 and fax 770-457-3080

We will be located at the intersection of
Mt. Vernon Hwy. and Abernathy Rd.

The new location is just a few
minutes from Perimeter

Mall and GA 400.

