

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, traditional high-calorie holiday cooking, and meals out at parties, this article serves to provide some alternatives for those trying to eat healthier and more mindfully.

FOR PARTIES: Don't arrive hungry to events; have a snack before you leave. Begin by socializing, spending more time with your friends. Start off with water and continue to drink it between other beverages. 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). Make sure you are meeting your food group needs for that meal time.

Offer to bring your own safe hors d'oeuvres. Chew each bite thoroughly and savor each mouthful. This leaves you more satisfied and less anxious. 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 a healthy end to the meal.

FOR HOLIDAY MEALS AT HOME: Start off the day with breakfast; consider a homemade breakfast sausage made from ground turkey and dry bread crumbs mixed with pepper, paprika, sage, and diced onion. Having protein at breakfast may

decrease cravings later in the day and help you to not be starving for the main meal.

For snacks before the big meal, have raw vegetables and fruit with whole wheat crackers with string cheese. Healthy options for holiday meal components are homemade cornbread stuffing made from bread crumbs, crumbled corn bread, bouillon, onion, pepper, and poultry seasoning; mix all of these ingredients in a large mixing bowl and bake in a non-stick pan at 350 degrees for 45 minutes.



Use chicken bouillon for gravy mixes; try acorn squash casserole and make homemade cranberry sauce from fresh cranberries. A half-cup of cranberries provides 1¼ grams of fiber and a healthy dose of proanthocyanidins, phytochemicals that help prevent urinary tract infections. Go for green bean casserole. Beans have 2 grams of fiber per half-cup, along with folic acid and vitamin C. Go sweet on potatoes. A medium-sized tuber delivers 3.5 grams of fiber (2 grams of which are insoluble), 300 percent of the daily allowance for vitamin A. Choose both light and dark turkey meat cuts for more iron; don't forget to try the skin! Don't forget to try the pumpkin pie too!

PREPARING FOR SOCIAL EATING: THE INTUITIVE EATING APPROACH

- Don't arrive hungry—snack before, even if it's a piece of fruit
- It's OK to save up a little fat or protein before the dinner, but not to the extreme of avoidance
- Look over all the available options and make a plan for the meal
- Allow at least a small serving of the appetizer if it is offered
- Allow at least one bite or one small serving of dessert
- You may need to allow for missing foods when you get home
- Eat slowly and take pauses in order to recognize fullness
- Give yourself a signal to stop when you are full like brushing your teeth
- Once you are done, remove yourself from the food area or move slightly away and turn back



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.

NORMAL & BALANCED HOLIDAY MEAL IDEAS

MEAT: turkey (dark meat) or ham

STARCH: stuffing, potato casserole, cream corn

FRUIT: cranberry sauce or Waldorf salad

VEGGIES: casseroles, green beans, spinach

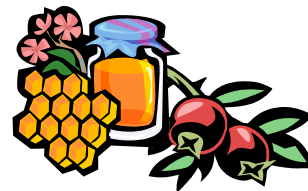
SIDE: roll with butter or biscuit or cornbread

DESSERT: pumpkin or pecan pie with ice cream



ALMOST-RAW HONEY CHEESECAKE BARS WITH CRANBERRY TOPPING

3 cups raw cashews, divided 1 cup frozen cranberries
 ¼ cup apple juice 1 cup raw walnuts
 ¼ cup raisins 1 cup raw macadamia nuts
 ½ cup lemon juice 1 tsp. vanilla extract
 ½ tsp. salt
 ¼ cup raw coconut oil, softened, plus extra for greasing baking dish
 ¼ cup plus 2 Tbsp. raw, unfiltered honey, divided



The only cooked ingredient is the homemade cranberry topping. You can omit the topping and serve the bars plain or garnish them with berries or sliced fruits. 1. Cover 2 cups cashews with cold water, and soak 3 hours, or overnight. 2. Simmer cranberries, 2 Tbsp. honey, and apple juice in saucepan over medium-low heat 10 to 12 minutes, or until cranberries pop. Cool 15 minutes. Pulse in blender or food processor until sauce is thick and smooth. Cool completely.

3. Grease bottom and sides of 8-inch-square glass baking dish with coconut oil. Process walnuts, raisins, and remaining 1 cup cashews in food processor, until mixture begins to stick together. Press into prepared dish, and chill 30 minutes, or overnight.

4. Drain soaked cashews. Purée cashews, macadamia nuts, lemon juice, remaining ¼ cup honey, vanilla extract, salt and 3 Tbsp. water in food processor 5 minutes, or until smooth and creamy. Spoon cashew mixture over crust. Spread cranberry mixture over top. Cut through cheesecake with small knife to swirl. Freeze cheesecake 1 hour before serving. Thaw 5 minutes, then slice into 16 bars. Recipe from Vegetarian Times Oct/Nov 2009 magazine

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.

