



# NEWSLETTER

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## Holiday 2008 Newsletter

### START YOUR RESOLUTION NOW

by Jeffrey Kinnunen, MS,  
Registered Clinical Exercise Physiologist

The holiday season is notorious for generating huge credit card bills, but it's not the only way that Americans find themselves in debt. Millions of Americans who are trying to lose weight find themselves gaining as much as 10 or more pounds. This isn't surprising since the holiday season is full of so many high-calorie foods and is usually accompanied by stress and emotional eating. One excuse that many people use to indulge is that they plan to start fresh after the New Year.

One of the most popular New Year's resolutions is beginning a new exercise program. The flaw in this thinking is that it isn't going to be any easier to begin exercising on January 1st than it is today. All of the same barriers that you're facing now will still be in the way. Rather than waiting, take action. Start your resolution now, because if you're serious about exercise, then you should take advantage of that enthusiasm.

Try to separate your plan to exercise and your plan to eat healthy. If you allow yourself to think that you'll do one as soon as you begin the other, then you're more likely to not exercise at all. This is simply because the high-calorie feasts keep coming with the Super Bowl and Valentine's Day.

Unfortunately, exercise also doesn't give you an open ticket to eat whatever you want. For example when you travel one mile (walking or running) you burn approximately 100 calories. Compare that to the calorie dense foods that quickly add up to thousands of calories. Rather, aim for moderation and find a way to exercise today.

### How to keep the Holidays Happy and Healthy

Submitted by Deb Sergey, RD

The holiday season can be a mixed blessing when it comes to food. The abundance of holiday treats, family dinners, parties and food gifts can be wonderful, but also can sabotage your good nutrition efforts. Fortunately, there are options. Here are seven strategies to help you choose wisely and still enjoy yourself during the holidays.

1. If you are hosting a holiday party, remember you control the menu and can adjust many of the recipes to make them healthier. Have a light, healthy snack before the party so you are not over hungry when party time arrives.
2. Watch what you drink. Alternate alcohol with water or a non-alcoholic beverage to save on calories. You'll also have more "appetite control" with less alcohol in your system.
3. Be very selective. Pass on foods you can have any time and focus on a seasonal favorite or something new and unusual. Be picky...your body deserves the very best.

*Continued on reverse...*

**DATED MATERIAL**

4. Eat slowly. Remember it takes about 20 minutes for your brain to register there is food present in your stomach. By slowing down you will sense fullness sooner and eat less.
5. Build exercise into your schedule by setting up walking, snowshoeing, skating, sledding or skiing dates with friends and family. Mark your calendar and commit to staying active this season.
6. Get enough sleep. The holidays can be a busy and stressful time. Make sure to take care of yourself and rest when you need it.
7. Set reasonable goals during the holidays. Weight loss or ideal blood sugar control might not be realistic at this time. Do your best and don't strive for perfection. If you overindulge at a meal or skip exercise for a few days, forgive yourself and get back on track that very minute.



*Here is a healthy eggnog recipe to enjoy during the holiday season.*

## **Low Fat Eggnog**

$\frac{3}{4}$  cup sugar or sugar substitute  
 $\frac{1}{4}$  tsp. each cinnamon and nutmeg    \*\* Combine  
1 egg or  $\frac{1}{4}$  cup egg substitute  
4 egg whites

Beat with electric mixer 3-4 minutes. Pour in medium saucepan.

1  $\frac{1}{2}$  cup skim milk  
1  $\frac{1}{2}$  cup fat free half and half  
1  $\frac{1}{2}$  tsp vanilla extract

Combine above with egg mixture. Heat over medium heat until slightly thickened. Cover and chill.

$\frac{1}{4}$  cup rum or brandy (optional) or 1 tsp. rum or brandy extract

freshly grated nutmeg

Stir in rum before serving, if desired. Sprinkle with nutmeg. Enjoy!!!  
Makes 4 servings.

Per Serving: 270 Calories, (110 Calories if sugar sub. used), 3 grams Fat (1 gram saturated), 50 grams Carbohydrate (7 grams if sugar sub. used), 11grams Protein, 60mg Cholesterol, 250 mg. Sodium.