



# The Pilates Connection

## Weight Loss Challenge 2009

**NEWSLETTER**  
December 28, 2009

### **THIS WEEKS TOPIC... A RECAP OF HOLIDAY TIPS FOR YOUR NEW YEAR'S PARTIES...**

#### *Holiday Eating Tips*

Article by: Prevention Magazine, 12/04

While weight reduction is on all our minds as we face fantastic food spreads during the up-coming holidays, here are some tips from that same issue of Prevention Magazine that are really timely at any time of year.

Ghosts of binges past can turn you into a food Scrooge, dodging seasonal celebrations to avoid the fattening feasts that go with them. "Holidays are for connecting with family and friends," says Christine M Palimbo, RD, the Illinois chair of delegates for the American Dietetic Association. "Unfortunately, most events come with food attached." Follow her tips to make merry without adding a pound.

1. Scan the buffet for shrimp with cocktail sauce-- virtually fat free and high in protein, iron, and the antioxidant lycopene.
2. Switch out of holiday mode as soon as the party is over; don't turn Thanksgiving through New Year's into one long binge.
3. Save calories for only new, interesting foods; have one of each.
4. Take your camera and be the designated photographer; you can't eat while snapping wriggling kids.
5. Indulge in a single serving of your favorite holiday treat at a restaurant with a friend instead of testing your willpower by keeping it around the house .
6. Alternate alcoholic drinks with calorie free sparkling water.
7. Destroy the plate. If you've had enough to eat but others are still picking, dump salt over the food you have left on your plate.
8. Brush up on your small talk; talking slows down eating.
9. Don't arrive at the party starving; the fat in an ounce of nuts and the protein in a glass of skim milk will blunt your appetite, studies show.
10. Avoid feeling deprived and food-distracted all evening long--allow yourself one dessert or holiday truffle per event.

#### **Weight Loss Challenge Winner of the Week:**

Cornelia Long is this week's Biggest Loser! She lost 2.3 pounds! Way to go Cornelia! Enjoy your two free classes!

### **RECIPES OF THE WEEK**

#### **ZESTY MEXICAN SOUP**

Great chicken and veggie flavors in a Mexican soup. Stretch your chicken farther by serving it up with veggies and flavorful salsa, cilantro and chiles.

- 2 cups cubed cooked chicken
- 1 can (14 oz) Progresso® reduced-sodium chicken broth
- 1 can (11.5 oz) vegetable juice cocktail
- 1 can (15.5 oz) Green Giant® whole kernel corn, drained
- 1 cup Muir Glen® organic salsa (any flavor)
- 1 can (4.5 oz) chopped green chiles
- 1/4 cup chopped fresh cilantro

1. In 3-quart saucepan, mix all ingredients except cilantro. Heat to boiling over medium-high heat.
2. Reduce heat to low; simmer 10 minutes or until thoroughly heated, stirring occasionally. Stir in cilantro.

Servings 6. Calories 190. 1 Starch. 2 oz. Lean Meat.

### Thai Scallops and Noodles

Scallops are a source of magnesium, which helps send signals to the muscles via the nervous system.

Go for the peanut sauce! Reduced-fat peanut butter spread drastically reduces the fat in this Thai-flavored noodle dish.

Options: Use shrimp instead of scallops, saute rather than boil, cut peanut butter to 1/4 cup of regular, add 1/2 cup chicken broth.

- 1 package (7 oz) spaghetti, broken in half
- 5 cups fresh broccoli pieces or 1 bag (12 oz) Green Giant® Valley Fresh Steamers™ frozen broccoli cuts, thawed
- 3/4 lb fresh or frozen (thawed) bay scallops or quartered sea scallops
- 1/2 cup reduced-fat peanut butter spread
- 1/4 cup reduced-sodium soy sauce
- 1/4 cup rice vinegar
- 1 teaspoon red pepper sauce
- 2 tablespoons unsalted dry-roasted peanuts, finely chopped

1. Cook spaghetti as directed on package—except add broccoli and scallops during last 4 minutes of cooking. Scallops are done when they turn white and opaque.
2. Meanwhile, in small bowl, beat peanut butter, soy sauce, vinegar and red pepper sauce with wire whisk until smooth.
3. Drain spaghetti mixture; return to saucepan. Add peanut butter mixture; toss gently to coat. Sprinkle with peanuts. Serve immediately.

Servings 6. Calories 360. 2.5 Starches. 1 cup Vegetables. 3 oz. Protein. 1 Fat.

Recipes from [eatbetteramerica.com](http://eatbetteramerica.com).

#### Learn More About Healthy Eating and Get More Great Recipes

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