



# MAINTAIN DON'T GAIN<sup>SM</sup>



'TIS THE SEASON TO LIGHTEN UP



## WEEK THREE

**W**elcome to Week three of 'Tis the Season to Lighten Up. Last week's newsletter gave you some great strategies for staying active during the holiday season. Maintaining without gaining during the food-filled holiday season requires a delicate balance between enjoying the holiday season and making time for physical activity, when it's tempting to go on hiatus from your exercise regimen.

This week we'll focus on some basic weight management strategies for lightening up your holidays. While we may feel a little bloated after a big holiday celebration, real weight gain occurs when we overindulge on a regular basis. A good slogan to remember throughout the holiday season is: treat...don't overeat. Don't forget to take time each week to recommit to a lifestyle that promotes balance in your weight, health and life.

## A Season of Balance, Joy and Good Cheer: **Finding Success**

Staying committed to a lifestyle of balance, joy and good cheer is always challenging in our food-oriented society, but especially at this time of the year. It's good to remind yourself of the personal strengths and skills that you possess to reinforce what you can do and what you can accomplish when you set your mind to it and draw upon your strengths and skills. A daily reminder or pat on the back can help boost your motivation and self-confidence to successfully maintain and not gain throughout the holiday season. Weight management is really about "skill-power" not "will-power."

To help you stay committed to your efforts to maintain and not gain, consider these three principles:

**1. Review your successes.** How many times in your life have you been determined to do something and were successful? What have you done to overcome obstacles in the past? Describe one of your recent successes in the space provided, and use it as a reminder of your personal strength.

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**2. Apply your personal strengths.** What are your strong points that have helped you be successful in the past? Use the space here to define four of your personal strengths (i.e., adaptable, determined, optimistic, energetic, etc.). Think about how could they apply to your goals.

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

**3. Build a network of support.** A good support network makes all the difference when faced with challenges and barriers. List the names of three people to whom you can turn for motivation-enhancing support.

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

The material contained in this Newsletter has been selected to provide general background and useful information regarding maintaining weight or avoiding the cumulative effects of gradual weight gain during the holiday season. It is not intended to be complete or tailored to your specific needs. You should discuss the information, facts and tips with your doctor. You should not engage in physical activity, which may have injury and health risks associated with it, until you confirm with your doctor that it is appropriate for you. If you experience any pain or discomfort, call your doctor. The material contained in this Newsletter is not designed to replace either medical advice or medical treatment.

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## Eating for a High Energy Holiday

“Breaking bread” is a central theme of many holiday celebrations. ‘Tis the Season to Lighten Up encourages you to enjoy celebrating with your favorite traditional holiday fare, while also striking a balance for good health. Given the energy that is demanded of us by the holiday season, this week is an optimal time to focus on eating strategies that optimize energy.

- 1. Start each day with a nourishing breakfast.** Grab it on-the-go if you have to, but never skip. Fuel your body with energy by choosing whole grain cereal with fat-free milk, low-fat yogurt with a piece of fruit or a hard-boiled egg with a mini whole wheat bagel.
- 2. Save half the space on your plate for fruits and vegetables.** Low in calories and high in nutrition, make

fruits and veggies two of your best food friends. They’ll never let you down!

- 3. Drink a glass of water before and during each meal.** This water-loading strategy helps to fill you up and eat smaller portion sizes.
- 4. Include a protein food source at meals and snacks.** Protein has longer staying-power than carbohydrates alone and will help you feel more satisfied for longer periods of time. Eggs, lean meats, low-fat dairy products and nuts are all good choices.
- 5. Try the 80/20 approach. Shooting for “all healthy, all the time” is a sure approach to failure.** Strive for healthy choices 80 percent of the time, and give yourself some leeway for the remaining 20 percent.
- 6. Sit down while you eat. How much do you eat while standing next to the snack table or buffet line?** How many calories do you consume when you grab a handful of candy or nuts from the pretty holiday candy dish? Unconscious calories can add up quickly. Making a rule to sit down while you eat is a simple behavior that encourages mindfulness and greater eating enjoyment.
- 7. Modify your favorite recipes and begin new holiday traditions.** An easy way to cut calories from holiday recipes is to use reduced fat, sugar-free and low sodium ingredients in place of their high fat, high sugar, high sodium counterparts. Small changes can add up to big savings. (Remember to try some of the great recipes that we give you each week.)
- 8. Replace “refrigerator rituals” with “relaxation rituals.”** With the many eating opportunities of the holiday season, most of us can afford to cut back on our usual snacking habits. Consider replacing mindless snack times with short relaxation exercises.

## A Relaxation Ritual for Balance, Enjoyment and Good Health

1. Pick a focus word or phrase.
2. Sit quietly in a comfortable position.
3. Close your eyes.
4. Relax your muscles.
5. Breathing slowly and naturally, repeat your focus word or phrase silently to yourself.
6. When outside thoughts come into focus, disregard them and return to your focus word or phrase.
7. Continue for 5 to 10 minutes.
8. Allow other thoughts to slowly return. Open your eyes and sit for a short time, before rising.

## Snacks and Mini-Meals For Energy Management And Weight Management

1. Low-fat cottage cheese mixed with fresh fruit
2. Sliced apple with peanut butter
3. A mix of almonds and dried fruit (i.e., apricots and raisins)
4. Yogurt and a low-fat granola bar
5. Baby carrots dipped in hummus
6. Turkey and tomato on whole wheat bread
7. Hard-boiled egg and fresh fruit
8. Mini whole wheat bagel with low-fat cream cheese
9. Baked sweet potato topped with low-fat sour cream or cottage cheese
10. Baked tortilla chips or whole wheat pita with low-fat bean dip or salsa

## Highmark Resources

Highmark’s online nutrition, weight management and stress management programs can enhance your motivation and confidence to maintain your weight. Choose from many programs including HealthMedia® Balance™, HealthMedia Nourish™ and HealthMedia Relax™.

When you are ready to begin, it only takes a few minutes to get started. Here’s how:

1. Go to Highmark’s website at [www.highmark.com](http://www.highmark.com). Choose your member website.
2. Complete the login process, entering your user name and password.
3. Choose the “Your Health” tab and then click on “Improve Your Health.”
4. Choose the program in which you wish to enroll.

## Give the Gift of Good Health

If you're looking for ideas for that hard-to-buy-for person, consider giving a gift that supports good health. Here are great ideas for giving wellness for the holidays:

Gift Idea:	For Whom:
Dumbbell or weight set	
Exercise or walking music CD	
Fitness ball with training DVD	
Fitness center membership	
Fruit-of-the-month club membership	
Gift card from produce markets or cooking supply stores	
Gift card from sporting goods or athletic shoe stores	
Healthy cookbook	
Indoor or outdoor bicycle	
In-home walking DVD set	
Pedometer or heart rate monitor	
Personal trainer gift certificate	
Resistance bands set	
Treadmill or other home exercise equipment	
Subscription to health magazines	
Subscription to healthy cooking magazines	

## Small Steps for Balance, Joy and Good Cheer

Despite the busy weeks ahead, think of three small steps you plan to take to promote balance in your weight, health and daily living.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### Don't forget to self monitor...

Check your weight to see if you are achieving your goal of maintaining, not gaining.

Date: \_\_\_\_\_ Weight: \_\_\_\_\_

## HOLIDAY PARTY RECIPES LIGHTENED UP

## Walnut Cheese Ball

### Makes 1 large cheese ball

- 8 ounces fat-free cream cheese
- 8 ounces reduced fat cream cheese
- 8 ounces (2 cups) shredded low-fat extra sharp Cheddar cheese
- 1/4 cup lite mayonnaise
- 1/4 cup finely chopped green bell pepper
- 1 small onion, finely chopped
- 1/3 cup finely chopped walnuts
- Low-fat whole grain crackers or whole grain melba toast

1. In a medium bowl, soften cream cheeses with a wooden spoon. Add cheddar cheese, mayonnaise, green pepper and onion. Mix with a wooden spoon until well combined. Refrigerate for 1 hour to firm.
2. With hands, roll into a ball or log. Refrigerate for at least 1 hour. Roll in chopped nuts when firm enough to handle. Serve with low-fat whole grain crackers or melba toast.

**Nutrition Facts Per 2 Tablespoons:** 98 calories 98, 6g fat, trace dietary fiber, 8g protein, 2g carbohydrate, 233mg sodium

## Artichoke-Parmesan Spread

### Number of Servings: 16

- 1 cup 1% low-fat cottage cheese
- 1/2 cup freshly grated Parmesan cheese
- 2 tablespoons non-fat mayonnaise
- 2 tablespoons non-fat sour cream
- 1 tablespoon extra virgin olive oil
- 2 cloves crushed garlic
- 1 (14-ounce) can marinated artichoke hearts, packed in olive oil

1. In a food processor or blender, combine cottage cheese, Parmesan cheese, mayonnaise, sour cream and garlic. Process until mixture is smooth, scraping sides of processor bowl as needed.
2. Add artichokes and 2 tablespoons of the olive oil marinade. Pulse several times to chop artichokes.
3. Spoon artichoke mixture into a 1-quart baking dish coated with nonstick cooking spray. Bake at 350 degrees F for 20 minutes or until thoroughly heated.
4. Serve with whole grain melba toast or low-fat whole grain crackers.

**Nutrition Facts Per Serving:** 50 calories, 2.6g total fat, 1g dietary fiber, 3.5g protein, 3.5g carbohydrate, 150mg sodium

## HOLIDAY PARTY RECIPES LIGHTENED UP

**Cranberry-Crab Appetizer****Number of Servings: 45 appetizers**

8 ounces fat-free cream cheese  
 1 (6-ounce) can fancy white crab meat, drained  
 6 green onions, chopped  
 45 individual mini fillo dough shells, thawed  
 1/2 cup whole cranberry sauce

1. In a food processor or blender, combine cream cheese, crab and onions. Puree until smooth — mixture will turn green.
2. Place fillo shells on a baking sheet or jellyroll pan. Fill each fillo shell with approximately 1 heaping teaspoon of crab-cream cheese mixture.
3. Bake at 375 degrees F for 10 minutes.
4. Remove fillo shells from oven and top with 1/2 teaspoon cranberry sauce. Return to oven for 1 minute. Serve warm.

**Nutrition Facts Per Serving:** 127 Calories, 3.3g total fat, 1.6g dietary fiber, 7.2g protein, 16.3g carbohydrate, 162gm sodium

**Salmon Mousse****Number of Servings: 12**

3/4 cup plain nonfat yogurt  
 1/2 teaspoon dried rosemary, crumbled  
 1 pound skinless, boneless salmon fillets (or 14-3/4-ounce can of sockeye salmon)  
 1 envelope (1/4 ounce) unflavored gelatin  
 2/3 cup reduced-fat sour cream  
 1/4 cup drained prepared horseradish  
 2 tablespoons grated onion  
 2 teaspoons grated lemon zest  
 3 tablespoons fresh lemon juice  
 1 teaspoon salt

1. Spoon yogurt into a paper towel-lined sieve set over a bowl. Let drain while you cook salmon.
2. In large skillet, bring 2 cups water and rosemary to a boil over medium heat. Reduce to a simmer, add salmon, cover, and cook 12 minutes or until just cooked through, turning salmon over once. Lift from cooking liquid and cool to room temperature.
3. Meanwhile, in small measuring cup, sprinkle gelatin over 1/2 cup cold water. Let stand 5 minutes or until softened. Set cup in small saucepan of simmering water and heat until gelatin has melted.
4. Transfer to food processor along with salmon, sour cream, horseradish, lemon zest, lemon juice, salt, and drained yogurt. Pulse until mixture is smooth.
5. Transfer to decorative bowl (or fish-shaped mold), cover and refrigerate at least 4 hours for mousse to set. If you like, unmold onto a platter.

**Nutrition Facts Per Serving:** 82 calories, 3.3g total fat, trace dietary fiber, 10g protein, 3g carbohydrate, 243mg sodium

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## HOLIDAY PARTY RECIPES LIGHTENED UP

### Roasted Eggplant “Caviar”

**Number of Servings: 4**

2 eggplants (1 pound each)  
3 cloves garlic, slivered  
2 tablespoons fresh lemon juice  
1/4 cup fresh mint leaves  
1/4 cup cilantro leaves  
1/2 teaspoon salt

1. Preheat the oven to 350 degrees F.
2. With a paring knife, make several deep slashes in each eggplant. Bake the eggplant until very soft, about 30 minutes (timing will vary depending upon the firmness of the eggplants).
3. Meanwhile, in a small pot of boiling water, cook the garlic for 2 minutes to blanch. Drain, reserving the garlic.
4. When cool enough to handle, peel and halve the eggplants and remove and discard any large clumps of seeds. Scoop out the flesh and transfer it to a food processor along with the garlic.
5. Add the lemon juice, mint, cilantro and salt, and process with on/off pulses until the mixture is not quite smooth and still has some texture.
6. Serve this chunky puree on small wedges of toast or as a dip with vegetable strips.

**Nutrition Facts Per serving:** 69 calories, 0.6g total fat, 6g dietary fiber, 3g protein, 15g carbohydrate, 307mg sodium.

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### Stuffed Mushrooms

**Number of Servings: 6**

12 extra large fresh mushrooms  
4 teaspoons low-sodium soy sauce  
1/2 cup shredded low-fat Jarlsberg cheese  
2 cloves crushed garlic  
1/4 teaspoon ground black pepper

1. Wash and scrub mushrooms. Carefully twist and remove stems. Set mushroom caps aside and finely chop mushroom stems.
2. In a small bowl, combine chopped stems with soy sauce, cheese, garlic and pepper. Stuff into reserved mushroom caps.
3. Place caps in a 9 x 13-inch baking pan coated with nonstick cooking spray. Broil several inches from heat source until cheese melts, using caution not to burn.
4. Remove from baking dish with a slotted spatula and transfer to a serving platter. May also be prepared in the microwave.

**Nutrition Facts Per Serving:** 40 calories, 1.8g total fat, 1g dietary fiber, 3.6g protein, Carbohydrate 2.5 gm, 162mg sodium