

Mindful



Health

Newsletter

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We are now entering the season of gluttony. Food is everywhere and it is available in massive quantities. Turkey, stuffing, cranberry sauce, pumpkin pie, and sweet potatoes are all in abundance and as Christmas rolls around it seems like everything is covered in chocolate. So how do you deal with all of this temptation? Here are some simple pointers and a few recipes to help get you through the food fest.

1- Never go more than 4 hours without food. This will give you the willpower to say no because your blood sugar will be stabilized and sugar won't be as tempting.

2- Eat a little more protein. This helps to curb sugar and carbohydrate cravings.

3- Experiment with root vegetables like sweet potatoes, turnips, and parsnips. Mash them, bake them or roast them and add a touch of butter.

4- Cut down on the alcohol. Alcohol is filled with sugar, especially the mixed drinks. Opt for a glass of red wine instead.

5- Bring a dish to the party, then you can ensure that there is something you can eat.

6- You can splurge if it is for an evening. But don't go overboard. If you picture a dinner plate, you should aim to fill one half of it with vegetables and a little more than a quarter of it with protein, and then use the remainder of the plate for a small portion one of the more "unhealthy" choices. If you have dessert try to split it.

Want to learn more? Call me for a consultation.

Have a wonderful Thanksgiving!

**Come visit my website at
www.mindfulhealth.biz
for more information.**

Holiday Recipes

Wild Rice Sun-dried Cherry Stuffed Chicken

The Diabetes Food and Nutrition Bible

Serving Size: 4 ounces, one quarter cup stuffing.

Total Servings: 8

- 4 whole organic chicken breasts, halved, skinned, and boned
- Stuffing
- 2 cups cooked wild rice
- ½ cup minced celery
- 1 cup boiling water
- 2 tsp minced fresh rosemary
- ½ cup sun-dried cherries
- Salt and pepper to taste
- 1 tablespoon olive oil
- ¾ cup dry white wine
- 1 shallot, minced
- Paprika

1. Pound the breasts to one quarter inch thickness. Sprinkle salt and pepper over each breast half. Set aside.

2. Prepare the rice according to package directions.

3. Meanwhile, in a small bowl, pour the boiling water over the cherries and let stand for 10 minutes. Drain.

4. In a small skillet over medium heat, heat the oil. Add the shallot and celery and sauté for 2 minutes. Add in the rosemary and sauté for 1 minute. Season with salt and pepper.

5. In a bowl, combine the cooked rice, cherries and vegetable mixture.

6. To assemble the chicken: On a flat surface, spread the chicken breasts out for rolling. Use about one quarter cup of stuffing for each chicken breast half and place on one end of the chicken breast. Roll the breast until it completely encases the stuffing. Tuck the end under. Secure with a toothpick. Repeat with all the breasts. Place the chicken breasts in a casserole dish and sprinkle paprika over each breast.

7. Pour the white wine in the casserole pan around the breasts. Bake at 350 for 30-35 minutes, covered. Remove the cover during the last 5 minutes of cooking time to brown.

Confused about all of the health theories that are out there? Looking for some answers?

Do you want to have a unique program tailored to your lifestyle and needs? Why not consider a compassionate health and nutrition program made to work for you? Call Nicole Glassman at (212) 452-3491 for a free consultation or e-mail her at Nicole@mindfulhealth.biz