

ASK THE DIETITIAN

By Marlisa Brown MS RD CDE CDN

RESOLVE TO BE HEALTHY! 10 TIPS FOR 2008

1. Drink 8-10 8oz glasses of water a day. Water is needed for every body function.
2. Don't diet; diets are temporary fixes. Instead work with a registered dietitian to develop a healthy meal plan.
3. Lose 10 pounds by next year by easily cutting only 100 calories a day from your diet.
4. Increase exercise. It helps keep you young and reverses many diseases.
5. Plan healthy snacks. You will eat less, have more energy, and lose weight.
6. Use different colored fruit and vegetables. They are loaded with antioxidants and protective phytochemicals.
7. Don't eat trans fat and keep saturated fat intake down to reduce your risk of heart disease.
8. Plan your meals a day ahead. You will eat less and make better choices.
9. Choose supplements carefully, some can be dangerous. Review all supplements with your doctor and registered dietitian.
10. Practice a stress reducing activity everyday.

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Q&A

I HAVE CELIAC DISEASE. HOW CAN I ENJOY TRADITIONAL HOLIDAY FOODS?

Eating holiday foods can be difficult for anyone with celiac disease because they can't eat gluten, found in wheat, rye and barley. Gluten is not only in bread, pasta and desserts; it is often hidden in salad dressings, marinades, fillers, and croutons.

When following a gluten-free diet, planning ahead can be the key to enjoying holiday feasts. Help the host plan the menu, and make a few dishes yourself. Great choices include; cheese and fruit platters, raw veggies with gluten-free dips, antipasto, shrimp cocktail with homemade cocktail sauce (Worcestershire sauce, which is in cocktail sauce contains gluten), seafood platters, stuffed tomatoes and cucumbers, mini stuffed potatoes with sour cream and caviar, homemade corn quesadillas, and nacho layered dips. For entrees bring any meat, poultry or fish prepared with a gluten-free marinade. Serve with gluten-free grains like potatoes or rice and extra veggies, like seafood or chicken kabobs or a gluten-free pasta dish.

And don't worry about dessert. There are many delicious gluten-free choices, so enjoy.