

# Christmas Goodies and Watching Weight Gain

With Christmas approaching, the before-Christmas parties and festive season meals with special treats abounding, may tempt us to over-eat. Losing weight can be difficult, particularly for polios, where exercising is more difficult.

So how to ensure we can still enjoy the season with others but not put on any extra weight? - or even lose a bit?

I have just given a talk on traditional foods - what did we normally eat with what? - because, believe it or not, our grandparents actually had a better handle on good foods and good digestion than we do today.

I remember as a kid, that we only got one cake or biscuit or lolly, two if we were very lucky. That was enough.

**Grandad always said "Only eat until you are not hungry, not until you are full. You should always leave the table with room in your tummy for a bit more."**

**This is the secret to not over-eating**, at Christmas and also for all thru' the year if you want to lose weight.

Also, as we get older our digestive processes don't work as well and so traditional meals included foods that were digestive aids as part of the meal. This is why we had lemon with fish, vinegar with chips, mint sauce with lamb, salad dressings, chutney, relish, tomato sauce etc. See the list (right) and start putting these accompaniments back into your diet to help get more nutrition out of the smaller meals we need to be eating now.

I will do more on this next newsletter (March 2014) but if you want more info, more on a plan for weight loss now, let me know. I can email or post it to you straight away.

## Here are - the Basics for Weight Loss.

1. Don't eat until you are hungry - maybe miss breakfast.
2. Use a smaller plate for your meal - ie less food on plate
3. We don't need to eat much to no longer be hungry.
4. Eat protein (meat, eggs, cheese) and veg/salad or soup.
5. We don't need bread, cakes, biscuits, lollies, snacks - save eating these, for treats when you are out.
6. Only eat 2 pieces of fruit max/day.
7. Stop eating when no longer hungry. Don't eat till full.
8. Don't eat between meals or after 8 pm.
9. Drink about 8 cups of fluid/day.
10. Get at least 7-8 hours sleep per night.

## To Fix INDIGESTION or REFLUX

Have **100% lemon juice** or apple cider vinegar with your meals (not on empty stomach - it works on the eaten food) Can still have after meal if you forget. Use **coca-cola** if out and desperate. If hours after meal, use **½ teasp carb soda in ½ cup of fruit juice**. Stir till froths up then drink.

Traditional Foods	Aid to digest them
fish	lemon juice
chips	vinegar
lamb	mint sauce
pork	apple sauce
beef	mustard, horseradish
beef	Yorkshire pudding
salads	salad dressings
salads	vinaigrettes
salads	mayonnaises
cold meat & salad	chutneys, relish
beetroot	soak in vinegar
tomato, onion, cucumber cut up	soaked in vinegar
vegetables - cooked	lemon juice/butter
potatoes - cooked	butter/sauce/dressing
bread	butter/cheese/chutney
meats	Worcester sauce etc
sausages	tomato sauce
meat dishes	curry/bolonaises/spice

Coconut oil is good for us. This recipe (from our newly re-printed cookbook) is a healthy Christmas treat.

## Delicious Home-made Healthy Chocolate

(can also use to make - **choc ginger, choc-coated nuts/fruit, coconut-rough, cherry-ripe** etc)

The secret to good healthy chocolate is good quality unrefined coconut oil. Add ginger pieces, desiccated coconut, cherries, nuts, raisins, cranberries, seeds, to the mix for even more nutrients and taste.

3 heaped teasp pure cocoa powder  
3 dessp unrefined coconut oil  
3 teasp raw honey  
Pinch of sea salt to taste



Melt coconut oil in a saucepan then add honey. Stir till honey froths. Pour over cocoa in a bowl and mix. Refrigerate to stiffen slightly then dip ginger, nuts or fruit and spoon onto tray. Can add coconut and/or just pour into chocolate moulds or into glad-bake lined tray. Put into fridge or freezer to set. Keep in fridge or will melt in warm weather.