



reversing trends in obesity
and chronic disease

TurnTheTide

LOW CALORIE HOLIDAY RECIPES

Enjoy these nutritious low calorie recipes to start and finish your healthy holiday celebrations!

Tex Mex Dip

1 pint fat-free sour cream
1 packet fat-free ranch dip mix
1 cup salsa

Mix ingredients, let sit in refrigerator for 1 hour before serving with fresh veggies.

From www.kimbensen.com

Strawberries dipped in chocolate

1 ounce bittersweet chocolate
4 large strawberries
4 teaspoons fat-free milk

Break up the chocolate, Rinse and dry strawberries

In a small microwavable bowl, microwave the chocolate and milk on med-high for 25 seconds, or until melted. Stir until creamy and let cool for a few minutes before dipping the strawberries.

From *The Flavor Full Diet*

Angel Pumpkin Bars

1 box angel food cake mix, dry
1 5 oz. can pumpkin pie filling
1 tsp nutmeg
2 tsp cinnamon
½ tsp ground cloves
½ tsp allspice
½ tsp ginger

Preheat oven to 350 degrees. Combine all ingredients in a large bowl; Mix well. Lightly spray bottom of a 9x13 baking dish – pour batter and level. Bake at 350 for 30 minutes until center springs to touch.

From www.kimbensen.com

Welcome to Our Fall 2009 Newsletter

A Word from Turn the Tide's President



Welcome to our Fall 2009 eNewsletter! In this issue you'll find some exciting news about our *Nutrition Detectives* and *ABC for Fitness* programs. I appreciate and encourage your help supporting these free programs, whether that's by spreading the word, or through direct donation to Turn the Tide, so we can do more to spread the word, and these programs.

You will also find some healthful tips to help you get through the upcoming holiday season with both the joy of the season, and a wardrobe that still fits!

I hope you enjoy our newsletters and welcome you to pass them on to others.

To your health,
David Katz

To learn more about Dr. Katz, please visit www.davidkatzmd.com

Dr. Katz named one of "The Most 25 Most Influential People in Our Children's Lives"!

What does Dr. David Katz have in common with Taylor Swift, Malia and Sasha Obama, Melinda Gates, and Dr. Philip Landrigan, among others? According to Children's Health Magazine, "these 25 leaders, experts, advocates, and role models have all been hard at work making an impact on the next generation; and if you're concerned about your kids' health, safety, nutrition, education, and latest celebrity obsessions, these people should be on your radar." Dr. Katz was recognized for his work on childhood obesity – namely for creating the *Nutrition Detectives* and *ABC for Fitness* programs - programs we highlighted in our last eNewsletter, and for his latest endeavor, the *NuVal* food rating system, enabling shoppers to make healthier food choices in the supermarket.. Please visit www.turnthetidefoundation.org or www.davidkatzmd.com to download these programs.

NuVal recently launched its newly designed website – get more information and see how the food rating system works at www.nuval.com



[Click here](#) to check out *Nutrition Detectives* and *ABC for Fitness* in action in the Independence, MO School District and related story in *Time Magazine*

Baked-Cinnamon Apples

2 apples, halved and cored
2 tablespoons apple cider
2 teaspoons dark brown sugar
Pinch of ground cinnamon

Preheat toaster oven to 350 degrees;
line tray with foil and place apples, core
side up, on tray

In a cup, combine the cider, brown
sugar, and cinnamon. Drizzle over
apples

Bake 10-12 minutes, then broil for 1
minute until top is sizzling
From The Flavor Full Diet

How to Help

Bringing with it the menace of diabetes, heart disease, disability, and premature death, obesity is a public health crisis of the first magnitude. With your support, Turn the Tide can help to:

- **Influence leaders** in government, education, public planning, and the medical professions
- **Improve your health** and the health of your family through honest and accurate information
- **Provide funding**, or offer guidance to important funding sources, to sustain and expand Turn the Tide Foundation's research agendas.



OR Mail a check to:
Turn the Tide Foundation, Inc.
130 Division Street, 2nd floor
Derby, CT 06418
Attn: Beth Comerford

If you have any questions please email Beth
Patton Comerford at
beth.comerford@yalegriffinprc.org

Thank you to our recent donors!

The Derby CT School District, Bradley
Parent- Teacher Association

10 Diet Pitfalls to avoid during the holidays by Julia Havey, Turn the Tide Foundation Board Member, and author - *The Vice Busting Diet* and *Awaken the Diet Within*

You have two choices this holiday season. **ONE:** to choose to remain steadfast in your commitment to improve your health and fitness and that of your family. Or **TWO:** to give into the temptations that **will** come your way. By choosing #1, you will **plan ahead** so that you come through the holiday season more healthful than you went in to it! For all those choosing choice #1, continue reading and together we'll get you and your family through the holidays happier and healthier. For those choosing #2, we'll, see you in January when you start back on your "diet", upset with yourself for not sticking to your resolve!

1) Don't bake Holiday cookies. If you bake them, you're likely to eat them. If you don't want the temptation to ruin your healthy way of eating, don't bake them. But if you must, bake them, wrap them up, and give them away that very day. Your kids won't live deprived childhoods, your mailman will still like you, and the teachers will probably actually use the gift certificates you give them instead!

2) Don't plan your celebrations around food. Focus instead on creating lasting family memories - have the children 'interview' the older members of the family and you'll learn stories from their lives that will carry on as family legend for generations to come.

3) Prepare your meal "light". Stuff the turkey with herbs, fruit and onions instead of breaded lumpy stuffing! Serve a hearty whole grain rice dish rather than mashed potatoes. Steam green beans with a touch of savory olive oil in the water, no butter. Serve whole grain rolls and make your pumpkin pie with stevia and egg whites.

4) Drink water as your beverage of choice at gatherings. Say "NO thank you" to high calorie cocktails and enjoy a glass of club soda with lime. Keep the calories and hangovers at bay!

5) If you are fretting over not being able to wear a size smaller 'little black dress' or tuxedo...not to fear! How you walk in the room, your posture, your confidence, your smile will be remembered by others long after the memory of what you wore fades. Your attitude and smile matter far more than the shape of your body or the style of your clothes, and keep reading!

6) Take time each day to do something positive for yourself. Exercise is a great stress buster. Be sure to get a minimum of 30 minutes of high intensity cardiovascular exercise at least 4 times a week. Enjoy the outdoors - go sledding, ice skating, cross country skiing-- anything physical will be time well spent.

7) When going to a party, call the host and offer to bring a healthy dish. The host will thank you for your generosity and need never know that your ulterior motive is to insure that you will have at least one healthy item for you and your family to eat!

8) School parties - if you are the room mom for your child's class party, get creative! Take an apple for each child, toothpicks and construction paper. 1) Cut feather shapes out of the paper and glue to the toothpicks, 2).stick them into the apple for the turkey's feathers, 3) .use brown to make a turkey head, 4).black to make feet, and tada! - .you have a healthy treat! Arrange a kid-a-thon....walk the school track to raise money for a local charity. You'll provide memories that will last much longer than cupcakes can dare to dream of.

9) Don't add stress to your life. The holiday season is about enjoying traditions with your friends and family and helping those less fortunate, not about buying the perfect gift or having the perfectly decorated home. Consider donating to a food bank or giving toys to children in need. Life is what you make of it....make it great for others!

10) Stay on track. Keep this phrase in mind, "everywhere you go....there you are! " You do not go on vacation from your body; your body does not distinguish a holiday from any other day. Your system thrives on fruits, vegetables, protein, whole grains and water, so make a pledge to yourself to limit the highly processed, high calorie foods this year. You'll thank

The Erna Yaffe Foundation

yourself tomorrow!

Happy and *healthy* holidays!

<http://www.turnthetidefoundation.org>