



live life well.



Tip Of The Week

15 Festive Stay-Slim Treats

by Colleen Pierre, RD

Use this guide to help you choose delicious holiday foods that won't wreck your diet. Included are calorie counts--and health rationalizations--so you can decide just how good you want to be.

	Treats		
Course	Good	Better	Best
Drinks	5 oz champagne (126*) Good for pacing yourself--the bubbles encourage you to drink more slowly.	5 oz red wine (106) Full of heart-healthy polyphenols, it may also help lower blood pressure.	1 oz Stolli Blueberi vodka with 8 oz pomegranate-tangerine- flavored Hint water (58) A daily drink helps fight heart disease.
Appetizers	1 stuffed mushroom (69) All mushrooms are packed with antioxidants, but more exotic varieties have even greater benefits.	1 bacon- wrapped scallop (51) An excellent source of protein, scallops are also rich in heart-healthy B12.	1 lg steamed shrimp with 1 tsp cocktail sauce (13) Shrimp is high in cancer-fighting selenium.
Entrees	3 oz skinless chicken breast with 1 Tbsp apricot chutney (165) Chicken is a low-fat source of B vitamins like B6 and niacin, which help the body convert carbohydrates into energy.	3 oz turkey breast with 2 Tbsp cranberry sauce (141) Cranberries contain powerful antioxidants and also fight bacteria.	Lobster tail with a squeeze of lemon (99) Lobster is high in immunity-boosting zinc.
Desserts	1/2 slice pumpkin pie (158) High in fiber, pumpkins are also a great source of beta-carotene, an antioxidant.	2" chocolate brownie (112) The flavonoids in cocoa can help lower blood pressure and improve circulation.	1 sm sugar cookie (72) or 1 mini chocolate eclair (48) You can cure an intense craving for sweets with just a little bite or two.
After Dinner	Coffee with 2 Tbsp half-and-half and 2 tsp sugar (77) Coffee is rich in disease-fighting antioxidants.	Coffee with 2 Tbsp 2% milk and 1 tsp sugar (35) The calcium in milk fights osteoporosis.	Celestial Seasonings Candy Cane Lane Holiday Decaf Green Tea with 1Tbsp fat-free milk and 1 tsp sugar (21) Green tea is rich in antioxidants.

*All calorie counts are estimates

Colleen Pierre, RD, is an associate professor of aging, nutrition, and fitness at Johns Hopkins University in Baltimore and coauthor of Jerry Baker's Giant Book of Kitchen Counter Cures (*Baker Books 2001*)

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