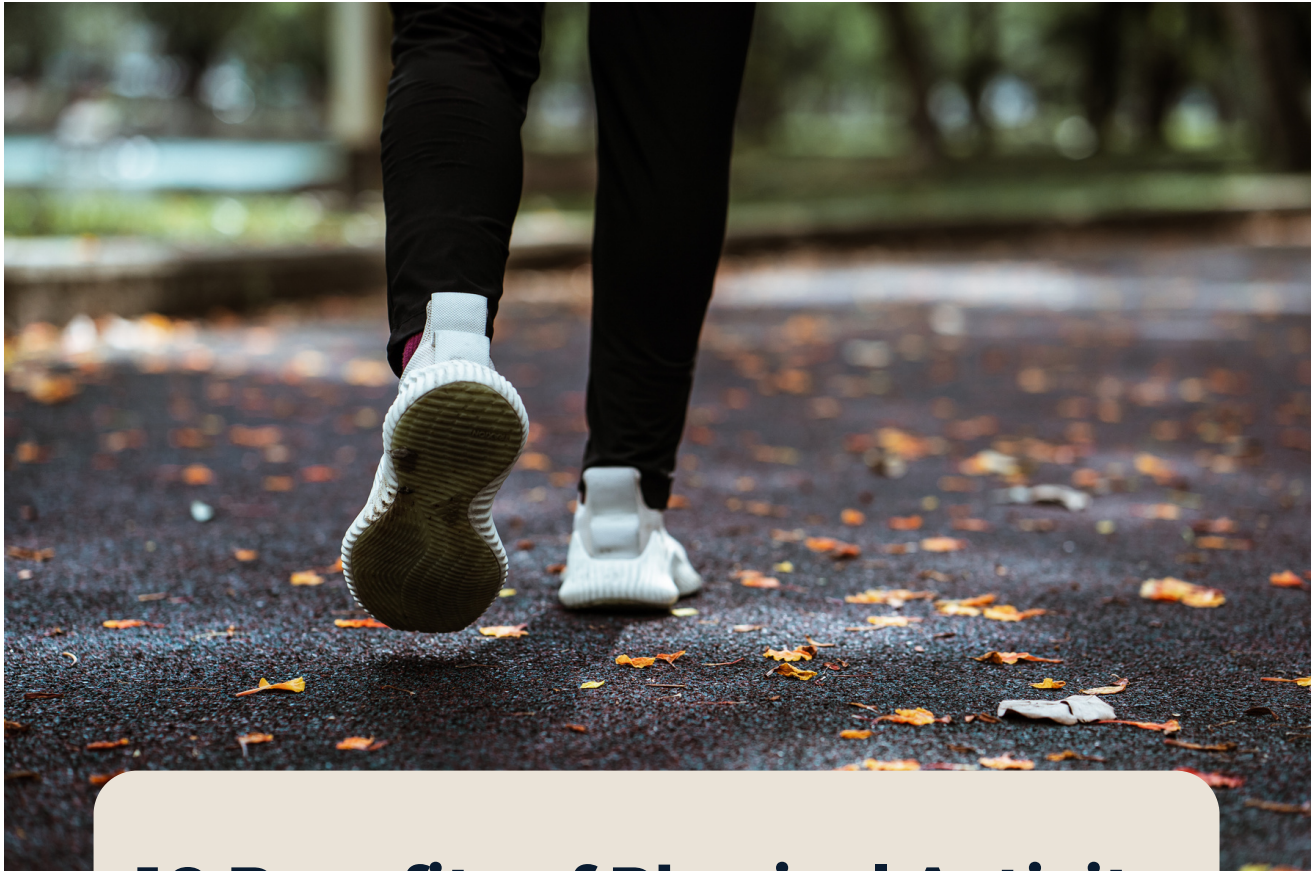


OCT 2022 | FALL EDITION | VOLUME 3 | ISSUE 4

DIETITIAN'S DISH

A QUARTERLY NEWSLETTER BROUGHT TO YOU BY:
YOUR MGH WEIGHT CENTER REGISTERED DIETITIANS



10 Benefits of Physical Activity

Meal Prep 101

Holiday Tips & Tricks

Fall Favorites

The content presented in this newsletter is to provide information on health and nutrition for information purposes only. This newsletter is not an attempt to provide specific medical/nutrition advice. Always consult with your health care provider, and follow their advice with regards to your individual care.

10 Benefits of Physical Activity

It's never too late to start including regular physical activity! Research shows that 30 minutes of moderate physical activity at least 5 days a week can lead to health benefits, and if you increase that to 30-60 minutes it will assist in weight maintenance. Once you have lost weight and you want to maintain that weight loss, exercise becomes critical. The key for continued motivation is to incorporate movement and activity that you enjoy and to practice it consistently! Yoga, walking, dancing, swimming, playing with your grand-children are only a few of the activities you can incorporate!

Also, remember to separate out the calorie burning benefits from the general health benefits of exercise. Even without weight loss we see a change in body composition (increased muscle mass and decreased fat loss), all of which can improve overall health.

Looking for additional reasons to include more movement? Below, are just a few of the great benefits of increasing your activity.

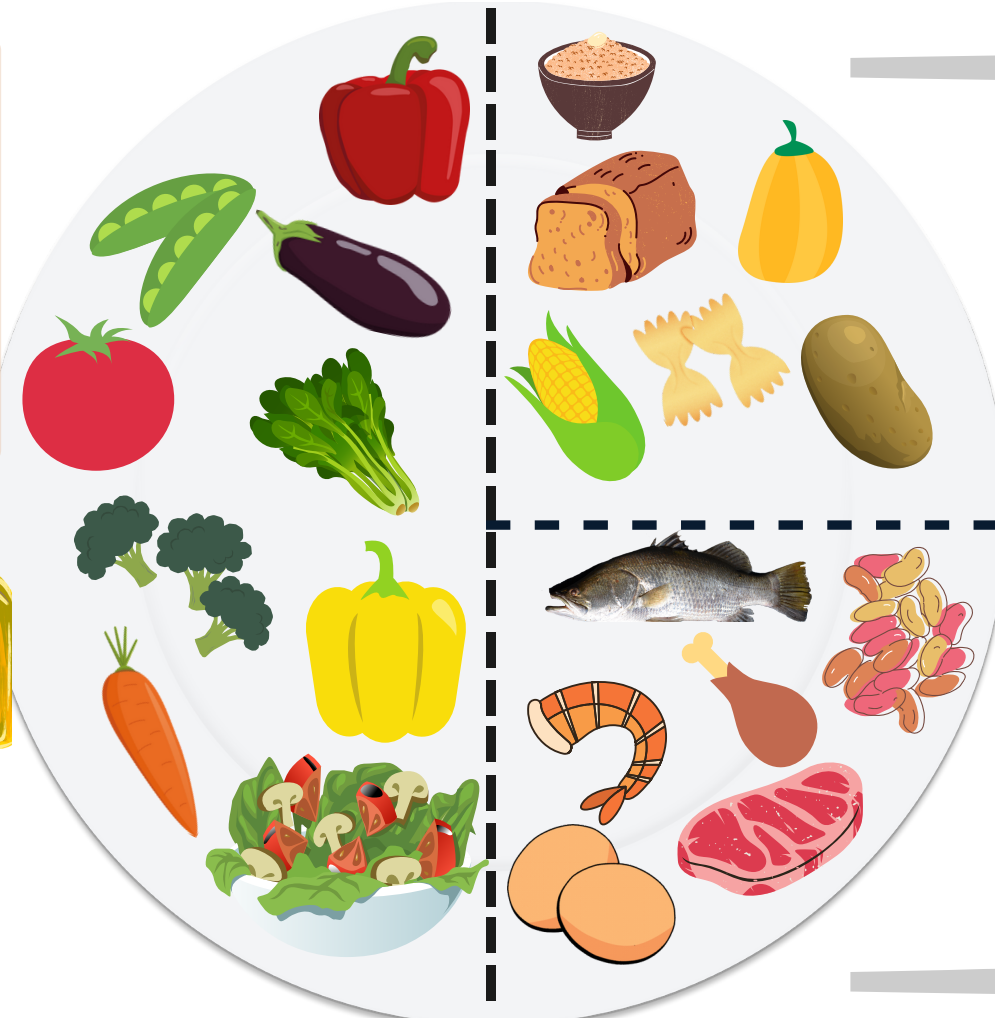
- 1) Improve Mental Health, Mood and Concentration
- 2) Better Sleep Quality
- 3) Increase your Chances of Living Longer
- 4) Positive Coping Mechanism to Stress
- 5) Boost Energy
- 6) Strengthen bones, muscle and balance (this is especially important as we get older!)
- 7) Improve Sexual Health
- 8) Prevent or Improve Chronic Disease
- 9) Reduce Risk of Certain Cancers
- 10) Maintain a Healthy Weight



Are there any benefits that you feel are most important to you? Why? How will you get there? **"Setting goals is the first step in turning the invisible to the visible"** - Tony Robbins

BUILD YOUR BALANCED PLATE

Extra virgin olive oil, avocados, nuts & seeds can add healthy fats and flavor to meals



9 inch
plate

Aim for 1/2 plate non-starchy vegetables:

- Broccoli
- Spinach
- Collard greens
- Kale
- Carrots
- Bell peppers
- Zucchini
- Cauliflower
- Celery
- Cucumber
- Mushrooms
- Cabbage

Aim for 1/4 plate whole grains/starchy vegetables:

- Brown rice
- Wild rice
- Whole wheat pasta
- Whole grain bread
- Corn tortillas
- Oats
- Quinoa
- Barley
- Corn
- Winter Squash
- Potato/Sweet Potato
- Plantain

Aim for 1/4 plate protein:

- Chicken/Turkey
- Lean pork
- Lean deli meat
- Lean ground beef
- Fish/Tuna
- Seafood
- Eggs
- Greek yogurt
- Low fat cheese
- Tofu
- Beans/Lentils
- Veggie burgers



Fruits:

Don't forget to incorporate ~2 servings of fruit a day with your meals or as a snack!



WEEKLY MEAL IDEAS

Step 1:

Choose a protein food you enjoy!

Step 2:

Pick non-starchy vegetables

Step 3:

Decide on a grain or starch to add

Step 4:

Lets get cooking!

Protein

+

Vegetable

+

Whole Grain/Starch

Meatless Monday



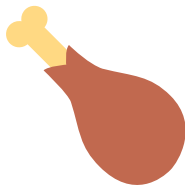
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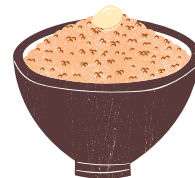
Stir Fry



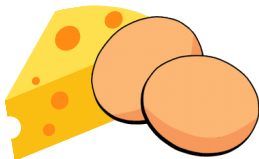
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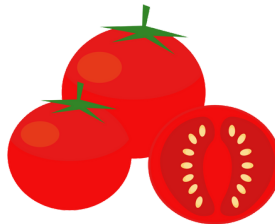
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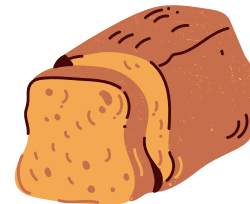
Breakfast for Dinner



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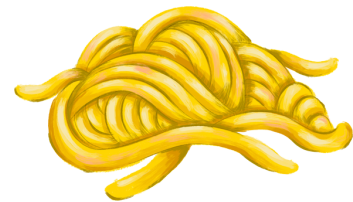
Seafood Night



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Sheet Pan Meal



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TRICK-OR-TREAT

It is important to enjoy the holiday season with your children. During Halloween, children can have fun while staying healthy.

What can you do with the leftover candy?

- Donate it to people who enjoy candy
- Limit to 1 candy per day
- Use small amounts of the candy to make a trail mix at home
- Put it to the side and make ginger bread houses in December

To reduce excess candy during Halloween, consider the healthy snacks and favor ideas below



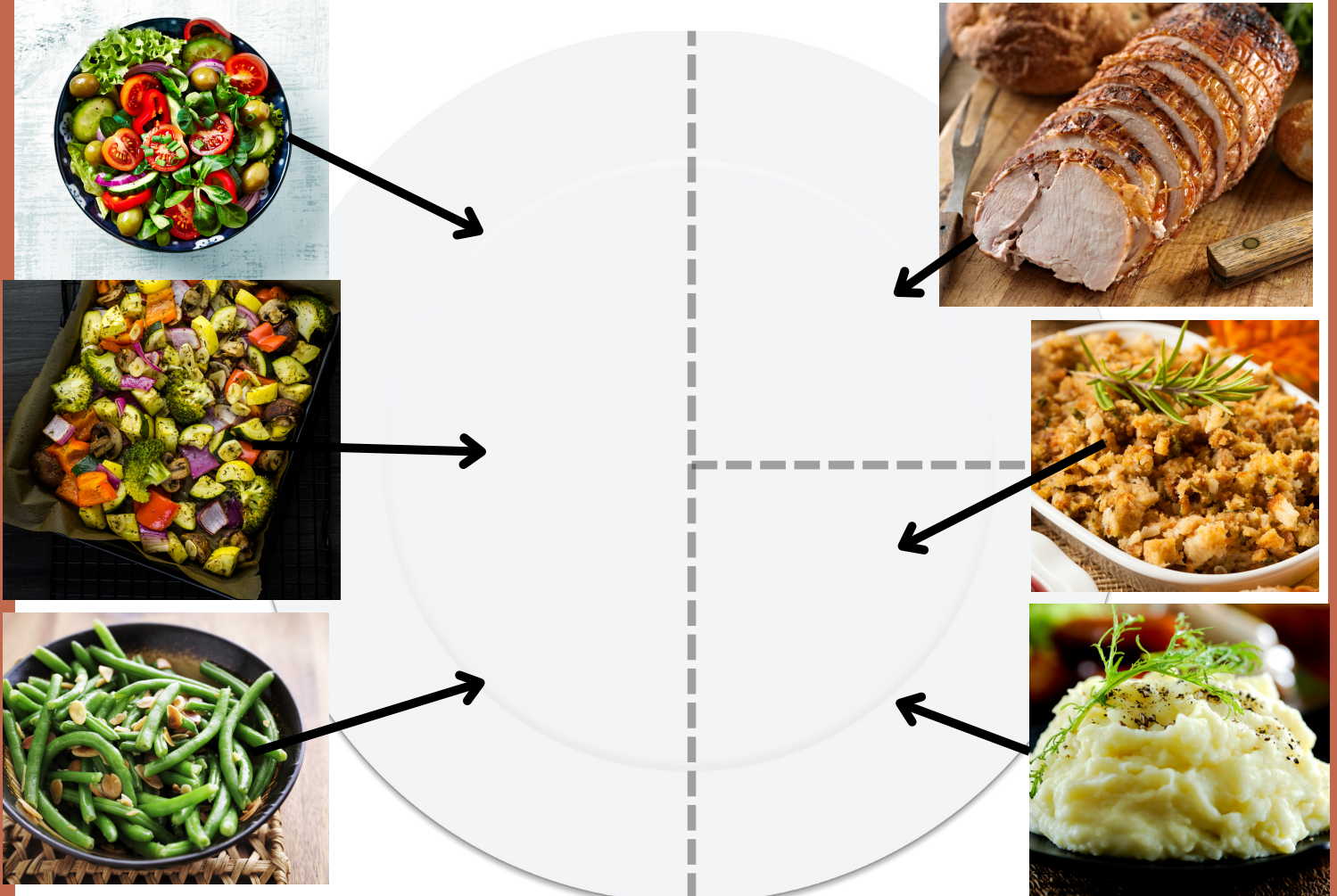
Healthy Trick Or Treat Snacks

Applesauce pouches
Raisin boxes
Mini pop corn bags
Mini granola bars
Individually packed trail mix
Banana chips
Mini water bottles
Cuties clementines
Roasted chickpeas snack packs
Sugar free gum
Mini protein bars (Larabar or Cliff Kid Z)
Freeze dried apple chips
Sugar free lollipops
Honey sticks

Trick Or Treat Favor Ideas

Stickers
Coloring booklets
Glow in the dark bracelets
Sticky hands
Temporary tattoos
Bouncy balls
Character erasers
Scented markers
Mini flashlights
Mini play dough
Stamps
Finger LED lights
Slap bracelets
Character finger puppets
Felt superhero eye masks

BUILDING A HEALTHY THANKSGIVING PLATE



WHAT CAN YOU DO WITH LEFTOVERS FROM THE HOLIDAYS?

- Send leftovers home with guests and/or freeze for later use
- Portion out meals for the week
- Add leftover vegetables to scrambled eggs
- Make turkey and vegetable wraps/sandwiches/quesadilla
 - Can try out lettuce wraps for a change!
- Enjoy a vegetable soup
- Use leftovers in a salad
- Add leftover cranberries as a topping for your oatmeal
- Try out turkey stuffed bell peppers
- Make pumpkin and turkey chili

HONEY ROASTED BUTTERNUT SQUASH WITH CRANBERRIES AND FETA



INGREDIENTS

- 3 lb large butternut squash (peeled + chopped)
- 1-2 tablespoon extra virgin olive oil
- salt, pepper, and garlic powder to taste
- 1-2 cups fresh cranberries (add a little, or a lot!)
- 2-3 tablespoon honey plus extra to taste
- 1/4 cup finely crumbled feta
- Ground cinnamon to taste
- Fresh or dried parsley to garnish, optional

**Butternut
squash is a
great source of
fiber, vitamin A
and vitamin C!**

INSTRUCTIONS

- Pre-heat oven to 400 degrees F.
- Lightly drizzle or spritz a baking sheet with olive oil.
- Add cubed squash to the sheet along with another drizzle of olive oil.
- Sprinkle with a light layer of salt, pepper, and garlic powder, based on taste preference.
- Roast at 400 F for 25 minutes on the center rack.

- At the 25 minute mark, pull out the oven rack, and add your fresh cranberries to the roasting pan.
- Return to the oven for 10-15 minutes or until the cranberries have started to soften and burst a bit, resembling really juicy raisins vs fresh firm cranberries.
- Remove from oven and add a sprinkle of cinnamon (approx. 1/8-1/4 tsp depending on preference) along with feta and honey.
- Garnish with parsley for a burst of color and dig in while it's hot!

Swiss Chard and Tofu Stir-Fry



**A balanced &
protein-packed
meatless monday
meal!**

INGREDIENTS

2 tablespoons olive oil
2 cloves garlic, minced
1/2 block (10 ounces) firm or extra firm tofu (drained, pressed, and cut into cubes)
1 teaspoon soy sauce or tamari
6 to 8 button mushrooms (sliced)
1 large bunch Swiss chard (stemmed and leaves chopped)
1/2 teaspoon sesame oil
1/4 teaspoon sea salt (or to taste)
Dash of cayenne pepper

INSTRUCTIONS

- Heat the olive oil in a large skillet over medium heat.
- Add the garlic and heat for just a minute or two, until lightly browned.
- Add the cubed tofu and cook until lightly golden brown on all sides, stirring as needed.
- Once the tofu is almost cooked, add a splash of soy sauce or tamari, stirring to coat the tofu.
- Add the mushrooms and cook with the tofu for another minute.
- Add the chopped Swiss chard. Drizzle with the sesame oil and stir.
- Sprinkle with a bit of sea salt and a dash of cayenne pepper.
- Allow the Swiss chard to cook down just a bit, until slightly wilted but tender, rather than soft.
- Serve immediately over brown rice and enjoy.