



Maintaining your **WAISTLINE** this winter

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When the weather turns cold and it starts getting dark, we often look for high fat comfort foods. If we are not careful to balance our diet and activity it may be too easy to gain weight.

Instead, take advantage of frozen veggies and fruits to get good nutrition without loading up on calories and remember to make half your plate veggies!

Consider firing up a crockpot to make healthy soups and stews.

Keep portions in check by getting out the measuring cups for a day or 2 every 1-2 months.

Winter can also present us with some really fun and exciting ways to stay active and fit. Tips to staying active:

- **Channel your inner child and have a snowball fight!** You will burn about 160 calories and use muscles throughout your whole body.
- **Get out the sled.** Going up and down the hills will really turn up the heat and burn 240 calories.
- **Lace up those skates!** Many outdoor ponds are great for skating in the winter. Call your local fire department to find out when they are safe. Skating burns approximately 207 calories.
- **Fasten those snow shoes.** This exercise is great for kids and adults. The Audubon Society has trails as well as snowshoe rental. You can burn up 238 calories for light snow shoeing.
- **Hit the slopes.** Cross country and downhill skiing are both great ways to stay active this winter! You can burn 275 calories cross country skiing and 220 calories downhill.
- **Build a snow man.** This fun activity will burn about 140 calories.

* Calorie estimates are based on 150 pound person for 30 minutes of activity.

For a customized meal plan to keep your weight in check, consider making an appointment with one of our dietitians at the Elliot Center for Advanced Nutrition Therapy, 663-4524.

Lentil Stew Recipe

2 cups dried lentils (rinsed, soaked and drained)
8 to 10 cups water
4 large carrots, sliced
4 medium celery stalks, slices
1 large onion, diced
4 cloves garlic, minced
4 cubes (no salt added) vegetable bouillon
3 medium red potatoes, diced
1 – 14 oz can diced tomatoes, no salt added
1 tsp thyme
1 tsp oregano
½ tsp salt (optional)

Directions:

Soak lentils overnight, discard soaking water and place in crockpot. Dissolve bouillon cubes in 8 cups boiling water, pour into crockpot. Add all of the other ingredients and stir well. Cook on high for 4-6 hours or low for 8-10 hours. Check stew about halfway through cooking time and add water or no salt added vegetable broth if needed.

Nutrition: Serves 8, about 1 1/2 cups per serving

Calories: 168

Fat: 1 gram

Protein: 13 grams

Total Carbohydrate: 40 grams

Fiber: 14 grams

Sodium: 265 grams

 **Elliot Center for Advanced Nutrition Therapy**

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