



Healthy Eating for the Holidays

and
Perfect Recipes for Thanksgiving Dinner or Any Holiday Gathering



A Weekend of Events!

**Friday, November
18th**

I will be hosting Dr. Dan
Wagner's radio show!

*Adventures in Natural
Medicine*

WKHB Radio 620 AM
12 p.m. to 1 p.m.

Call WKHB at (412) 825-
6262 anytime during the hour
with questions or share your
best holiday recipes and
traditions with our radio
audience!



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BOARD CERTIFIED HOLISTIC HEALTH COUNSELOR
CERTIFIED MEMBER OF THE AMERICAN ASSOCIATION
OF DRUGLESS PRACTITIONERS

Mindful Eating for the Holidays and Beyond

When we slow down and pay attention to the present moment and all that the moment has to offer, we are being mindful. We are always in a hurry, rushing to get through our never-ending list of necessary tasks. If you take a deep breath and recognize the GIFT that the PRESENT moment offers, you will live a calmer and healthier life.

This is true when it comes to eating too. How many of you (myself included) rushed through a meal because you believe that you don't have enough time? This includes rushing to grab something or hurrying to shove the food down your throat as quickly as possible as you stand by the kitchen sink or are driving in your car. Well, this may not only cause digestive problems, this lifestyle may also lead to grabbing unhealthy "fast" foods, or it might cause you to overeat.

As the holidays approach, this can be an even greater issue, causing unnecessary weight gain or other more serious health challenges. By being mindful when it comes to eating, and you will enjoy the holidays more and feel better come January 1.

1) Gauge Your Hunger Level

When you are mindful, you are fully present in the moment without negative judgment. If you are mindful when eating, it helps you to pay more attention to your bodily cues so you can hear when you are truly hungry and when you are full. You may choose to ask yourself, "How hungry am I?" When you pause to ask this question, it slows you down

Saturday, November 19th

Join me for an event at Allegheny General Hospital!

Mind-Body Connection
Allegheny General Hospital
320 East North Avenue
Pittsburgh, PA 15212
9 a.m. to 3 p.m.

This event focuses on the importance of good health. I will be there to answer your questions and to share delicious, healthy recipes! **Registration is required.**

For more information, and to learn how to register, please visit: [Mind-Body Connection](#)

Sunday, November 20th

I will be appearing on a local web show!

CookSpeak
CMU's Waffle Shop
East End, Pittsburgh
11 a.m. to 12 p.m.

I will be speaking with a local chef, and I will be demonstrating the recipes featured in this newsletter! Watch a live feed of the show by visiting CMU's [Waffle Shop](#) or view it again by visiting [Talkshoe!](#)

enough to decide what is best for your body. Aim to eat until you are satisfied without being stuffed.

2) Practice Attentive Eating

We are all busy and have A LOT ON OUR PLATE! Because of this, we do not make eating a priority, and we rush to grab anything in a pinch. If you are working, studying or watching TV, take a break and give your meal or snack your full attention. Try to avoid multitasking and avoid eating while distracted.

- Pay attention and observe the quality of the food that you are eating. Are the ingredients fresh and healthy? Were they raised or produced with care for the environment? If you are eating animal foods, were the animals raised in a normal healthy environment and treated humanely? Were they fed foods that are natural for them and also of good quality? Do the best you can to provide healthy, natural foods, but by no means beat yourself up if things are not perfect.
- Observe all of your senses. What does the food look like? Is it on a beautiful plate, and does the food have lots of colors and appealing textures? Take one second to smell the food and enjoy the aroma. Take your first mindful bite. Was it the right amount to fit into your mouth comfortably? What does the texture feel like on your tongue and the roof of your mouth? What does it taste like? Eating is far more enjoyable when it is a sensory experience.

3) Pay Attention to Your Thoughts

If you are upset or stressed, then please try not to eat. Not only can stress keep you from absorbing nutrients properly, it is very hard on your digestive system and your overall health.

Learn to pay attention to see if your thoughts are helping you feel good or not. If not, choose a thought that feels better. Are you beating yourself up for being overweight? Are you telling yourself that what you are eating is going to ruin your health or cause unwanted weight gain? Please know that there is something called "biology of belief" and the cells of your body will respond to what you are telling them. Be kind to yourself and love yourself and your food.

4) Pay Attention To Your Words

Saying things that are negative about yourselves or others can really have an impact on everyone's self-esteem. Please try to refrain from saying anything critical to the people with whom you're sharing a meal. Keep any arguments or criticism for a later time. This includes saying bad things about yourself to others. Give yourself and others positive encouragement about their eating habits and the foods they are choosing.

5) Appreciate Your Food and Give Thanks

Growing up, many of us said grace or gave thanks in some way that was traditional for our families. Try expressing your gratitude for the abundant food that we enjoy in this country. Consider all of the love, care and energy that went into making that food available to you. Think



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about the sun, rain and soil that nourished the produce and the farm hands that picked, packaged and shipped the produce. Think about all of the grocery store clerks and managers that work hard to make these foods so readily and easily available to us. And of course, give thanks to you or anyone that took the time to prepare the beautiful meal.

These are the first key points for mindful eating. When you begin to practice even just some of these suggestions, you will begin to notice how much more you are enjoying your foods, and you will begin to feel fulfilled after each meal.

Tricks to Indulge Healthfully During the Holidays

Do you start every new year with a resolution to lose all of the extra weight you gain during the holidays? Do you put yourself on some painful detox program to try to regain your health after over-indulging? Well, I want to share some great tips for enjoying the holidays fully.

Living a healthy and vibrant life does not mean that you need to feel deprived, especially around the holidays. Enjoying the foods you love with people you love is all part of living a healthy and happy life. However, one of the problems is that we over-indulge in the wrong foods over the holidays, which leaves us feeling less than healthy and vibrant. The following list includes some great and simple tricks that you can use, which will allow you to enjoy the holidays without the harmful side effects:

1. Drink Water

It is amazing how when you are properly hydrated, your metabolism will run smoothly as well as your digestive system and more. When you are thirsty, you tend to crave unhealthy foods such as sweets. Start each day with a glass or two of good quality filtered or spring water, and be sure to drink plenty between meals, especially if you are having cravings.

2. Chew Slowly

Taking your time to chew your food slowly and completely will enable you to truly taste your food and aid in proper digestion, which is important for mindful eating. When we slow down the pace of eating, we will tend to eat less.

3. Choose Wisely as Much as Possible

If you have been following my articles or videos, or if you've attended my classes, you know that I am a huge proponent of eating as many fresh whole plant foods as possible. Fruits, vegetables, whole grains, beans, peas, etc. have everything you need to be healthy, while helping you feel full and satisfied. Plant foods are naturally low in fat, high in fiber and rich in all the antioxidants and phytonutrients, which are key for a healthy body and balanced weight. Try to choose mostly plant foods to fill your plate and enjoy everything else in moderation or as a condiment on the side. You will find that you will feel better and may actually find that you lose weight during the holidays!!!

4. Do Not Deprive Yourself of Tastes and Textures You Love

Completely depriving yourself of your favorite holiday treats is not



Events in 2012!

Mark your new
calendars for my
upcoming events in
2012!

*Fabulous Recipes for Vibrant
Health*

Nutrition Lecture & Food
Tasting

Peter's Twp Library

616 East McMurray Road

McMurray, PA 15317

Thursday, January 12

7:00 to 8:00 p.m.

Women's Wellness Day:

Creating Balance in Your Life

Balancing Mood and Emotions
Through Food

Allegheny Country Club

250 Country Club Road

Sewickley, PA 15143

Friday, January 20

9:00 a.m. to 4:00 p.m.

For more information on
how to register for any of
these upcoming events,
please contact Janet at:

(724) 417-6695

or via email at:

janet@janetmckee.com

living in balance. If you try to avoid all foods you crave, you may feel so out of balance that you end up over-indulging at a later time to try to compensate. The key is following point number 3 above and enjoying small amounts of other things too.

5. Do Not Go to an Event Starving

It is much harder to control what or how much you eat when you are starving. The best way to prevent this is to eat a healthy snack or small meal before you go to a party or restaurant where you know you will be tempted. One of my tricks is to keep healthy trail mix in my purse or briefcase at all times. That way I always have a good option at my finger tips when hunger strikes and there are no healthy options around.

6. Learn to Share!

Often, when I am at a party or a restaurant and want to try a dessert or appetizer that may be a bit indulgent, I share it. When we go to out eat as a family, we often order one dessert and ask for multiple forks. You will find that it is only the first few bites that taste good anyway. And, if you continue eating, you only find yourself feeling over stuffed and wishing you hadn't kept eating.

Another trick is to bring a dish to share with the host/hostess and guests. Not only is it a lovely gesture to bring something as a thank you for the invitation, it also gives you an opportunity to make one of your favorite tasty, healthy dishes. That way, you know there will be at least one thing that you can eat and feel good about.

7. Don't Aim for 100% Full

The Japanese have a term called "Hara Hachi Bu," which means eating until you are 80% full. This is one of the reasons why folks in Okinawa, Japan are believed to be one of the longest and healthiest living people. Calorie restriction has been found in studies to increase longevity. The key to not feeling deprived while reducing calories is to eat mostly plant foods. Fat, in any form, is the highest calorie food. The fiber, which is only found in plant foods, keeps you feeling full.

8. Watch Out for the Extras

It's extras, like condiments and drinks, which often takes a somewhat healthy meal and makes it a calorie nightmare. You may see a beautiful tray of fresh veggies but the high fat/high calorie/high cholesterol dip is what puts you over the top. This is why in my recipe book "Fabulous Recipes for Vibrant Health," I offer many wonderful dips and dressings that are completely healthy. Also, we tend to add cheese to everything. Learn to hold back on all the extra cheese, and you will certainly save yourself from added saturated fat, cholesterol and of course calories.

Drinks are one of the biggest areas of hidden sugar and calories. We tend to pay attention to what we eat, but forget that glass after glass of soft drinks or alcohol are extremely high in calories. Drink some water with lemon or lime or some green tea. Drinks like these will also improve the health of your liver and boost your metabolism.

9. Size Really Does Matter!!

The bigger the plate the more you'll eat. Try going through the buffet line with a smaller plate and in most cases, you will eat less but still feel

full. Your mind will be tricked into thinking you ate a full plate of food (because you actually did!). If the plate is too large, the opposite will happen. You will take more food than you need, and you will feel bad leaving food on your plate, so you will eat the whole thing. If all they have are large plates, try eating with your other hand. It causes you to eat more slowly, which will help you to eat less, feel full sooner, and keep you from going back for seconds.

10. Presentation Matters Too.

Being mindful when eating includes taking a moment to enjoy the aromas of the food and how visually appealing it is. Well, when you are eating chips or cooking out of the bag directly, you are not eating mindfully! Research done by a Dr. Wansink showed that we tend to eat double the amount when you rip open the bag and start gobbling. Be sure to take foods out of the container or serving bowl and put a normal size portion on your plate. You will enjoy the food more and will be happy that you did not overdo it.

BUTTERNUT SQUASH SOUP WITH FRIED SAGE LEAVES

Adapted from: *Bon Appetit, Flavors of the World*

To watch Janet make this soup on the web show, *CookSpeak*, at CMU's Waffle Shop, please visit their [website](#) for the live feed or watch it again at [Talkshoe](#).

Ingredients:

- 3 T coconut oil
- 1 onion, coarsely chopped
- 1 T chopped fresh sage
- 1 - 2 ¾ pound squash, halved, seeded, chopped (about 5 cups)
- 5 cups of vegetable broth
- 1/3 cup freshly grated parmesan, romano or vegan parmesan
- 24 fresh sage leaves

Preparation:

- Melt 1 tablespoon of coconut oil in a heavy large pot over medium heat.
- Add onion; cover and cook until soft, stirring occasionally, about 7 minutes.
- Add chopped sage, stir 1 minute.
- Add squash and broth. Increase heat to high and bring to a boil.
- Reduce heat and simmer until squash is tender, about 25 minutes.
- Cool slightly.
- Puree soup in batches in a blender until smooth.
- Return the soup to the pot and mix in the cheese.
- Season to taste with salt and pepper.
 - This can be made one day ahead, cool slightly then cover and refrigerate.
- Melt 2 tablespoons of coconut oil in a heavy large skillet over medium heat.
- Add sage leaves and sauté until brown and toasted about 2 minutes.
- Bring the soup to a simmer again.
- Ladle into bowls and garnish with fried sage leaves.

Makes 8 Servings

SPINACH SALAD WITH PEARS AND PECANS

To watch Janet make this salad on the web show, *CookSpeak*, at CMU's Waffle Shop, please visit their [website](#) for the live feed or watch it again at [Talkshoe](#).

This is one salad that everyone loves. I often choose this one to serve for a dinner party or to bring to someone's home when I am invited as a guest. Feel free to vary the nut or fruit that you use to round out this salad.

Ingredients:

1 firm pear, cored and sliced
4 green onions, thinly sliced
1 tsp sea salt
4 T extra-virgin olive oil
2 T apple cider vinegar
1 ½ T balsamic vinegar (optional)
1 lemon juiced
1 T raw honey or maple syrup
1 pound of spinach leaves
1/2 cup of chopped parsley and cilantro
1/3 cup chopped pecans
Fresh black pepper

Preparation:

- Toss pear and green onions with sea salt, olive oil, vinegars, lemon juice, and honey or maple syrup.
- Allow to marinate for 5 to 10 minutes.
- Add spinach leaves, chopped herbs and pecans.
- Gently toss with salad servers.
- Season with additional salt and black pepper, if necessary.

Makes 4 - 6 Servings