

CHRISTMAS JOKES AND RIDDLES

- 1) What do elves learn in school?
- 2) What is the difference between the Christmas alphabet and the ordinary alphabet?
- 3) What Christmas Carol is a favorite of parents?
- 4) Why does Santa have 3 gardens?
- 5) What do snowmen eat for breakfast?
- 6) What do you get when you cross a snowman with a vampire?
- 7) What kind of bird can write?
- 8) How do sheep in Mexico say Merry Christmas?
- 9) What does a cat on the beach have in common with Christmas?
- 10) What kind of candle burns longer, a red candle or a green candle?
- 11) Why was Santa's little helper depressed?
- 12) What do you call people who are afraid of Santa Claus?

ANSWERS TO RIDDLES:
1) The elf-abit
2) The x-mas alphabet has no L (noel)
3) Silent Night
4) So he can hoe, hoe, hoe
5) Frosted Flakes
6) Frostbite
7) A Pen-quin
8) Fleece
9) Sandy Claus
10) Neither, candles always burn shorter!
11) He had low elf-esteem
12) claustr-phobic

Winter Shape Shifter

Winter 2006

How to Eat Well & Enjoy the Holiday Season

Be Realistic: Strive to maintain your weight not loose large amounts of weight, make healthy choices during the day so you can enjoy celebration foods without overdoing your calorie intake for the day

Eat a little before you go to the party: Feeling hungry before you go to a party is a recipe for disaster! So eat a small, low-fat snack before you head out the door. This way you won't rush to the buffet table when you arrive and you are more likely to make healthy choices!

Make just 1 trip to the buffet: Choose only the food you really want & keep the portions small

Choose lower calorie foods: Raw veggies with a little dip, shrimp cocktail, or scallops.

Share the holiday spirit: Bring your own healthy treat to your next party, veggie with a yogurt dip or a nice tray of fresh fruit is a great snack. Lots of holiday treats at your house? Share them with a friend!

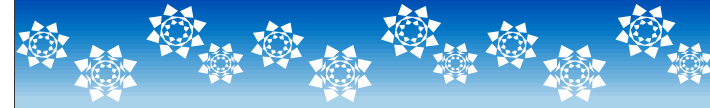
Be adventurous: Try something new and add variety to your diet, how about a mango- banana smoothie?

Eat Breakfast or a snack before going out: Shopping, going to school or going out on an empty stomach may make you go overboard at lunch

Add nutrition & taste to old standbys: Try peaches on pancakes or veggies on pizza, why not a baked potato loaded with salsa?

Be active & Keep Moving: Walk the mall, go ice skating with your family, plan a party that involves fitness like bowling, skiing or hiking!

Keep a healthy snack on hand: Be ready with a healthy choice when hunger strikes! Bananas, oranges, crackers all travel well and require no preparation!



WAYS TO STAY ACTIVE WHEN IT

IS COLD OUTSIDE

Help out with the shoveling!!

Try ice skating, snow shoeing, skiing, snowboarding or sledding

Workout at home with an exercise video, music or friends

Make a schedule of when you are going to work out

Exercise as a family

Join a sports group

Learn something new like yoga, karate, or dance

Set up an obstacle course in your yard, see who can finish the fastest!



Seasons Greetings



E-MAIL US!

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Remember we are here for you and your family! If you have any questions, comments, challenges or ideas we would love to help. We can't wait to hear from you!

Satoko, Molly and the SYF Team





TIPS

How to Make Holiday Foods Healthier

❖ **Swap out the butter:** Substitute equal amounts of low-fat plain yogurt or fat-free pureed cottage cheese for the cream or butter in mashed potatoes. Use Canola oil instead of some of the butter in cookies to reduce the saturated fat

❖ **Roast a leaner bird:** Instead of slathering the turkey with butter, rub it with a mixture of olive oil and crushed herbs (try rosemary, sage, a little garlic, & black pepper). Or slip herbs or seasonings under the skin of the turkey. Use a roasting rack to allow the fat to drain from the roast. Baste with fat free chicken stock mixed with orange or cranberry juice instead of turkey drippings.

❖ **Defat your gravy:** For an easy, low-fat gravy, stir 1 Tbs. of cornstarch into $\frac{1}{4}$ cup of fat-free chicken broth at room temperature. Bring another $1\frac{1}{2}$ cups of broth to a simmer, and whisk in the cornstarch mixture. Allow gravy to simmer, stirring until clear and thickened.

❖ **Lose the yolks:** Substitute 2 egg whites for 1 whole egg or 3 whites for 2 whole eggs.

❖ **Stir in Fruit:** Replace half the oil or butter in your baked goods with applesauce or other pureed fruit.

❖ **$\frac{1}{2}$ the Sugar:** Substitute $\frac{1}{2}$ the sugar of a recipe with a sugar substitute such as Splenda

❖ **Fruit:** Opt for dried fruit instead of candied fruit

❖ **For Extra Flavor:** Try citrus peel, extracts and spices!

❖ **Don't Forget the Nuts:** In a moderate amount nuts are good for you, especially walnuts, almonds, or pecans.



Hello All!

We just finished our second run of Shape Your Future and we had another successful go of it. It has been interesting to compare the two groups and learn how different people can be, but important to see in what ways we can tailor the program to make it the best possible experience for anyone.



One important point to mention is that the program doesn't work if you don't follow it. Eating habits can't change if you won't try new things. Kids you need to be willing to try new foods and eat your fruits and veggies if you want to be healthy. Your parents can't be looking over your shoulder all the time, so you need to make those healthy decisions on your own... for example at school lunch, or at a friends house. Parents need to accept some of the responsibility as well, be good role models for healthy choices, stay active with your family and try to pick healthy foods to bring into your home. It is a team effort and working together is key.



Hope you all have great holidays. Stay healthy over the winter and even though your programs are over, continue using the knowledge you gained to continue progress over the upcoming year!

Dr. B



Recipe Corner

Chocolate-Cranberry Clusters

- 1 1/2 cups semisweet chocolate chips
- 1 cup dried cranberries
- 1/2 cup raisins
- 1 cup corn flakes, slightly crushed
- 1/4 cup butterscotch morsels

1. Line 2 cookie sheets with parchment or waxed paper.
2. Melt the chocolate in a heat-proof bowl over a pot of simmering water.
3. Meanwhile combine the dried cranberries, raisins, cornflakes and butterscotch morsels in a large bowl.
4. Pour the chocolate over the cranberry mixture and stir to combine.
5. Drop clusters of the mixture by the teaspoonful onto the lined cookie sheets. Refrigerate until firm, about 15 to 20 minutes.
6. Store the clusters in the refrigerator or in an airtight container for up to 2 weeks.

Serving Size: 2 pieces (Serves 30)

Per Serving: Calories 72 Carbohydrate 12 g Fat 3 g Fiber 1 g Protein 1 g Saturated Fat 2 g Sodium 12 mg

