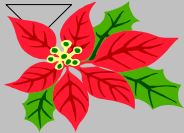


# The Healthy Weigh

November/December '01

Caryn Honig RD LD, Jennifer Houghton MS RD LD, Ronda Elsenbrook RD LD



"Happiness comes from the capacity to feel deeply, to enjoy simply, to think freely, to be needed."

*Storm Jameson*

"Yesterday is history, tomorrow is a mystery, and today is a gift. That's why it is called the present."

*Unknown*

"Friendship with oneself is all important, because without it one cannot be friends with anyone else."

*Eleanor Roosevelt*

"The size of your body is of little account; the size of your brain is of much account; the size of your heart is of the most account of all."

*B.C. Forbes*

"You make a living by what you get, but you make a life by what you give."

*Winston Churchill*

THE HEALTHY  
WEIGH

## Eating Disorders And The Holidays by Caryn Honig RD LD

For most people, the holiday season (Thanksgiving, Christmas, and the New Year) is a wonderful, special, and joyous time of the year. It's the time for family gatherings, parties, and celebrations. It's also the time where everything revolves around food. There's food at parties, food as gifts, holiday breakfasts, lunches, and dinners. Along with the food are people – lots of family and friends. Because both food and people can be "triggers" for those suffering from anorexia and/or bulimia, the holidays can be a very difficult and emotional time of the year.

Anorexia nervosa is an eating disorder characterized by self-starvation. Anorexics have an intense, irrational fear of gaining weight, are pre-occupied with food, and experience large weight loss - usually approximately 25% of body weight. Bulimia involves bingeing and then purging. Bulimics can eat thousands of calories at one sitting, and then purge through vomiting, laxative use, and/or over-exercising. Bulimics are not necessarily thin. In fact, most bulimics are normal to somewhat overweight during the illness. For both anorexics and bulimics, the holidays magnify all of their personal demons, causing intense personal pain and turmoil.

"I dread the holidays," said Meg, an 18 year-old recovering anorexic/bulimic. "My family doesn't understand the illness, there is food *everywhere*, and nobody understands why I can't and won't eat what everybody else is eating."

"My two biggest fears are food and emotions," said Karen, a 21 year-old recovering bulimic. "During the holidays, there is an overwhelming amount of food and family. I feel like I am the only one having a horrible time while everyone else is so happy." Statistics show that the average American gains seven to ten pounds from Thanksgiving to the New Year. For anorexics and bulimics, the thought of gaining *one* pound is dreadful. The thought of gaining *seven to ten* pounds is absolutely terrifying. As a result, those suffering tend to resort to eating disorder behaviors including isolating, restricting food (anorexics), eating large amounts of food and then purging (bulimics), and practicing unusual food rituals such as cutting food into tiny pieces or pouring excessive amounts of ketchup or mustard on food. "I'll do one of a few things during the holidays," said Karen. "Either I won't show up to the celebrations, or I'll show up after the meal with the intention of not eating, or I'll give in and binge and purge." She stated

that either way is a no-win situation.

Those suffering from eating disorders have typically lost touch with what is considered a normal amount of food. They have foods that are "safe" and "acceptable" to them.

Suddenly, they are placed in situations where there are overwhelming amounts of "unsafe" and "unfamiliar" foods. This can be a terrifying experience.

How can family members and those suffering from an eating disorder survive the holidays? "It's a really stressful time for everyone involved," said Dr. Andi Strauss, a Houston-area therapist who specializes in eating disorders. "Holidays are the worst time because there is an increased focus on food and socialization around food, which makes it much more difficult to eat appropriately and make good decisions." Dr. Strauss offers the following skills to help people cope during the holidays:

**HONESTY BETWEEN FAMILY MEMBERS.** When going to an event, it is important for family members to talk honestly about what will help and what will not help each person involved. The family can then set up rules and a structure that is agreeable to all members.

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*Eating Disorders, continued from page 1*

**EMPHASIZE THE PURPOSE OF THE HOLIDAY AND FOCUS LESS ON FOOD OR MEALS.** If the focus is on the actual holiday rather than on the food or eating, it will be easier for all involved. Emphasize the time together, activities, and traditions. Let food be just a part of the holiday rather than the entire focus of the holiday.

**HAVE OUTSIDE SUPPORT FOR THOSE SUFFERING.** Outside support can come from extended family, friends, therapists, doctors, and dietitians. Keep a list of people and phone numbers to call for help and advice.

**REMOVE ANY EXPECTATIONS OR PRESSURES OF PERFORMANCE.** Although families would like for the holidays to be joyful and pleasant, it's best not to set expectations during this time. By freeing up expectations, there is a better chance that everyone, including the person with the eating disorder, will be able to experience whatever amount of joy and happiness is present.

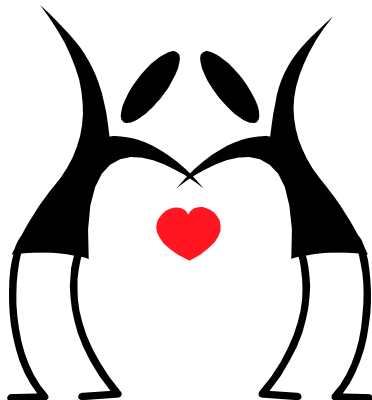
**OFFER TO BRING A "SAFE" FOOD TO PARTIES** so that there is at least one dish that is comfortable and familiar.

**ENCOURAGE THOSE SUFFERING FROM AN EATING DISORDER TO STAY AWAY FROM THE KITCHEN** and be more socially interactive so that there is not as much focus on food.

Meg and Karen added that the following would also make it easier to survive the holidays:

1. Try not to comment about *what* and *how much* the person who is struggling with an eating disorder is eating.
2. Try not to comment about any changes in body weight and/or body shape.
3. Pay less attention to appearances.
4. Try not to watch for when the person leaves to use the restroom.

Finally, it is important to remember that the person suffering from the eating disorder is ultimately responsible for overcoming and recovering from his/her illness. He or she is the only one who can do that job. Family members and friends can only care, offer love and support, forgive, encourage, and share the recovery process. We hope that these tips will help provide happier and healthier holidays.



## Some Facts For Cheesecake Lovers!

If you are fond of cheesecake, you might think twice about eating it too often. It's probably best to save it for special occasions. Each analysis below represents one slice of cheesecake from The Cheesecake Factory! YIKES!



### Original Cheesecake

Calories 640  
Total fat 45 grams  
Cholesterol 235 mg  
Sodium 390 mg  
Total carbs 54 grams

### White Chocolate Raspberry Truffle Cheesecake:

Calories 910  
Total fat 61 grams  
Cholesterol 260 mg  
Sodium 320 mg  
Total carbs 81grams

### Vanilla Bean Cheesecake:

Calories 870  
Total fat 62 grams  
Cholesterol 230 mg  
Sodium 230 mg  
Total carbs 69g

### Dulcet de Leech Caramel Cheesecake

Calories 1,010  
Total fat 71g  
Cholesterol 305 mg  
Sodium 390 mg  
Total carbs 84g

## EATING DISORDERS SUPPORT GROUP (holiday schedule)

**Who:** Those suffering from an eating disorder are encouraged to come for help and support

**When:** Mondays at 6:00 p.m.

**Where:** 3701 W. Alabama, Suite #230, Studio B

**Call:** Caryn @ 713-622-6422

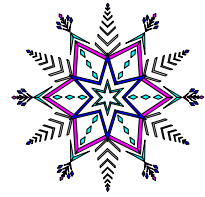
**Cost:** Free

**Support Group will NOT be held in December.**

**Meetings will resume on January 7, 2002.**



# Healthy Holiday Recipes



## Southwestern Turkey Corn Chowder

### INGREDIENTS

- 1/2 teaspoon olive oil
- 1 cup chopped onions
- 1 teaspoon minced garlic
- (1) 14.5-ounce can fat-free chicken broth
- (1) 10.75-ounce can reduced fat cream of chicken soup
- (1) 4-ounce can chopped green chilies
- 2 cups diced cooked turkey breast
- (1) 14.5-ounce can cream-style corn
- (1) 14.5-ounce can whole kernel corn
- 1/2 teaspoon ground cumin
- (1) 5-ounce can fat-free evaporated milk

### DIRECTIONS

1. Heat the olive oil in a 4.5 quart Dutch oven or soup pot over medium-high heat. Stir in the onions and cook for thirty seconds. Stir in the garlic.
  2. Add the chicken broth and raise the heat to high.
  3. Add the cream-of-chicken soup and stir to mix well.
  4. Allow the soup to come to a boil while draining the chilies and adding them to the pot. When the soup boils, reduce the heat to low.
  5. Add the turkey, cans of corn, chili powder and cumin. Stir to mix well.
  6. Remove the pot from the heat and stir in the milk. Serve at once; garnished with cheese if desired.
- \*Makes 6-8 servings. If serving small children, omit the canned chilies and cumin. Instead, stir in 1/2 cup shredded Cheddar cheese for extra flavor.

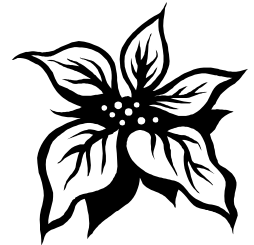
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## Applesauce Oatmeal Muffins

*This is a great after-school snack or a good side dish for holiday meals.*

### INGREDIENTS

- 1 1/2 cups quick cooking oats
- 1 cup wheat flour
- 1/4 cup all-purpose flour
- 3/4 teaspoon cinnamon
- 3/4 teaspoon baking soda
- 1 teaspoon baking powder
- 1 1/2 cups apple sauce
- 1/2 cup skim milk
- 1/2 cup brown sugar
- 2 teaspoons Canola oil
- 1 egg white



### TOPPING

- 1/4 cup oats
- 1 teaspoon brown sugar
- 1/8 teaspoon cinnamon
- 1 tablespoon melted butter

### DIRECTIONS

1. Mix muffin batter.
2. Sprinkle topping on each muffin (for crunchier topping, make two times the topping mix).
2. Bake at 400 degrees for 12-15 minutes in greased 12-muffin pan.

**Yields 12 muffins. Analysis per muffin:**

Calories: 223

Carbohydrates: 40 grams

Protein: 6.0 grams

Fat: 4.5 grams

**Recipe provided by Jaime Bailey**

# The Healthy Weigh

3701 West Alabama, Suite #230  
Houston, Texas 77027

The Healthy Weigh

## etceteras

### RACE RESULTS

#### **TERRY FOX 5K RACE, 9/15/01**

Catherine Kruppa 20:05 (1st 25-29)  
Angela Callaway 20:40 (2nd 25-29)  
Nancy Calles 21:50 (1st 35-39)  
Lisa Korsten 22:05 (3rd 30-34)

#### **CHICAGO MARATHON, 10/12/01**

Todd Ivey 3:46:30  
Russell Ramirez 3:49:39  
Kristin Abello 4:32:04 (1st marathon)  
Monica Phillips 4:32:04  
Kay Patrick 5:46:49  
Pam Weikel 6:00:10  
Merry Laskowski 6:15:23

#### **RUN FOR THE ARTS 10 MILES, 10/7/01**

Mark Fraser 1:04:09  
Catherine Kruppa 1:07:55  
Tamara Hew 1:10:22  
Nancy Calles 1:14:58  
Mark Kline 1:15:23

#### **ST. GEORGE MARATHON, 10/6/01**

Suzy Seeley 3:18:19 (personal best)  
Don Fizer 3:45:55

**CONGRATULATIONS DEBRA SMITH for completing the Hawaii Ironman in 14:33.** This year's race was the toughest in the history of the Ironman with winds blowing up to 50 miles per hour.

**CHECK OUT CARYN HONIG'S NUTRITION ARTICLES** in the October issue of *Health and Fitness* magazine and in the October, November, and December issues of *Inside Running*.

**CONGRATULATIONS LESLIE FRANKLIN AND SHERIF ALI** for tying the knot on Saturday, October 13.



**10% DISCOUNT AT RUNSPORT FOR ALL HEALTHY WEIGH CLIENTS AND ASSOCIATES.** Call (713) 524-6662.



**HAPPY 5TH BIRTHDAY NATASHA SYLVIE SCHEPPS!**

**CONGRATULATIONS KEITH, ANITA AND BROTHER CARL** on the birth of Haley LeeAnn Benson. Haley was born on July 2, weighed 7 pounds, 14.5-ounces, and was 20 inches long.

**HAPPY BIRTHDAY ScottSchepps, Mitzie Gonzales, Don Jones, Joe Hartley, Sharon Walters, Doris Fuqua, Katie Morgan, Rosann Holder, Jaime Bailey, Karla Gonzales, Sumati Gupta, Meredith Novy, Christina Berg, Lita Graham, Calvin Blair, Kelly Hunsaker, Angela Atlas, Carla Nadorff, Crystal Flowers, Bob Ostrom, Janie Glos, Natasha Pieper, Diane Ralston**