

2014 Winter Newsletter

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Starting Off the New Year Right!!

Many of us find nothing more comforting than cuddling up under a blanket and eating warm, comforting, higher calorie foods, and foregoing the gym. While the thought is enticing it is not always the best choice for our waist line or our moods. Listed below are some tips for “beating the winter blues” and progressing towards better health during the New Year.

1. **Remain Active-** While it may not be too exciting to do outdoor sports during the colder months, consider trying different indoor activities including indoor water aerobics, Zumba dance classes or joining a community volleyball league. These activities will provide a rush of “feel good hormones” called endorphins which will lift your spirits and can help improve self-esteem.
2. **Change Your Night Cap-** Alcohol acts as a depressant and can worsen the effects of seasonal affective disorder. Try finishing your day with introducing some new varieties of tea. Avoid caffeinated versions which can disrupt your sleep. Adding in a robust decaf Chai tea with a splash of milk or a soothing peppermint tea can fight the cold of winter and warm you up from the inside out.
3. **Embrace the Cold-** Sunshine has been proven to improve depression, so bundle up and embrace the cold air by trying winter activities including skiing, sledding or a good old fashion snow ball fight. No snow, no worries! Outdoor ice skating rinks or short hiking trips are a wonderful way to have fun and burn some calories.
4. **Cheer On Your Country-** The 2014 Winter Olympics start this February and display a wide variety of outdoor and indoor cold weather events. Studies show that being social is another way to elevate mood, so host a potluck or dinner party to watch the games with friends and family while you cheer on your home country’s team.
5. **Warm Up with Soothing Soups-** Nothing says “winter” like a steaming hot bowl of soup. Get into the season by trying some new healthy soup recipes, like carrot-ginger soup (recipe on back), lean bison chili, or an Italian wedding soup with ground turkey breast meatballs. Preparing large quantities of soups on the weekend can help keep you on track during the week. Pack leftover soups to take to work for a quick and easy mid-day meal.

Carrot Ginger Soup

by Cleveland Clinic Wellness Editors Adapted from *Gluten-Free Vegan Comfort Food*, by Susan O'Brien

This flavorful soup relies on the natural sweetness of the carrots combined with fresh ginger and spices like cumin, cinnamon, coriander and nutmeg to make it so tasty! Enjoy with a salad and you've got yourself a healthful lunch or dinner. Carrots are packed with beta carotene, a carotenoid that can neutralize free radicals which damage cells in your body, so you can feel good about eating this soup as often as you like!



Yield: 4 Servings

Ingredients:

- 1 tablespoon olive oil
- 1 cup chopped onion
- 3 cup chopped carrots
- 1 tablespoon grated ginger
- 4 cup vegetable broth
- 1 tablespoon honey
- 1 tablespoon lemon juice
- 1 teaspoon cumin
- ¼ teaspoon cinnamon
- ½ teaspoon coriander
- ¼ teaspoon nutmeg
- ½ teaspoon salt
- ½ teaspoon black pepper

Instructions:

1. Heat oil in a stockpot over medium-high heat.
2. Add onion and sauté 3-4 minutes until clear.
3. Add carrots and ginger; sauté 2 minutes more and then add broth, honey, and lemon juice.
4. Boil, and then reduce heat to medium and cook until carrots are soft.
5. Add cumin, cinnamon, coriander, nutmeg, salt and pepper.
6. Puree with a stick blender and return to stove to reheat.

Nutrition Info Per Serving: (13.5 ounces)

130 calories, 4 g total fat, .5 g saturated fat, 0 g trans fat, 0 mg cholesterol, 450 mg sodium, 21 g total carbohydrate, 4 g dietary fiber, 11 g sugars, 2 g protein