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Nutrition Notes – Dec '07

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The Year in Perspective

In the midst of these holidays it's important to stop and take an assessment of the past year. Think about what was accomplished, what we have to be thankful for and how far you've come in reaching goals for this year. Before we can set goals for the New Year, we need to know where we've been, what we've learned along the way and reexamine what we still need or want. **Write it all down** so it can be used for goal planning next month.

I believe that with the recent fires, most of have been doing quite a lot of reevaluation about or lives and behaviors. Priorities shift in the chaos of disasters, and we can often commit to positive changes for the future. But **will we** still have that same commitment a few months after the smoke has cleared, houses are rebuilt, and the landscape starts to renew itself?

If you have committed to get healthy, loose weight, eat better, manage health problems, or prepare/cook healthy meals for you &/or your family, let Healthy Directions of Poway help you to make this a reality in 2008. Let's start with the 3000-4000 calories and 225-230 gm of fat that the average American consumes from a traditional Thanksgiving meal with all the trimmings and beverages. We can show you how to avoid this through Christmas and New Year's Eve.

For information & healthy holiday recipes attend a cooking class or consult:
HEALTHY DIRECTIONS OF POWAY – Donna Wolf R.D.
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