Guiltless Dessert Ideas

- Get Kids to Eat their Vegetables...
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- Get Organized to Get Ahead
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Get Kids to Eat their Vegetables...Without Bribes

It’s every child’s nightmare: “No dessert until you eat your vegetables.” If your kids don’t like vegetables, nagging and bribing may just increase the aversion. Sure you can slip pureed vegetables into pasta sauce, muffins, or mac and cheese, but what happens if they figure out the trick? Instead of sneaking in the veggies, show your kids and other picky eaters how tasty vegetables can be!

Here are a few delicious ways to bulk up the nutrition while serving food that’s delish:

• Grate or dice zucchini, carrot, onions, or peppers, and put them into sauces, tacos, soups, muffins, and pancakes.
• Add a few chunks of cucumber or some baby spinach leaves to a fruit smoothie.
• Serve up salsa — it tastes so good they’ll forget it’s made from tomatoes, peppers, celery, onions, cilantro, and lime.
• Layer lasagna with spinach and zucchini slices.
• Melt cheese on broccoli or dip a variety of cut veggies into a low-fat ranch or onion dip. It may sound unhealthy, but it can help transition taste buds.

Guiltless Dessert Ideas

For many of us, dessert after dinner is a must. The problem is that most of the time we reach for ice cream, cake, candy, or other unhealthy snacks. However, fruit has naturally occurring sugar in it, which can satisfy our sweet tooth without increasing our chances of disease and weight gain. In addition to offering nutrients, fruit has plenty of fiber, which delays sugar from turning into fat.

Here are some fiber-full dessert options:

• **Dip strawberries in dark chocolate.** Satisfy your chocolate craving with this simple, antioxidant-rich dessert. Melt pieces of dark chocolate in the microwave, dip strawberries, and enjoy!
• **Whip up a smoothie.** Blend berries or bananas with almond butter and almond milk or yogurt for a satisfying, healthy snack after dinner.
• **Make fruit pops or enjoy frozen fruit.** Buy prepackaged frozen fruit or fruit bars. For something a little fancier, pour 100-percent fruit juice with no added sugar into an ice cube or popsicle tray and freeze.
• **Enjoy fruit parfaits.** Mix Greek yogurt with the fruit of your choice (strawberries and nectarines work well) for a sweet, healthy treat.
How to Avoid Belly and Hip Fat

Do desserts seem to go straight to your hips or waistline? Don’t you wish that you could direct fat-burning exercises to those areas? Unfortunately, spot-reducing fat is just a myth — fat is burned evenly from all over the body.

While more fat in the hips may keep those favorite jeans from sliding on, it’s not as dangerous as the fat that accumulates around the midsection. Excess fat in the abdominal walls can put you at risk for cardiovascular disease, diabetes, and even cancer.

Although belly fat has many contributing factors, including hormones, age, genetics, poor diet, and lack of exercise, there is hope for getting rid of it. Follow these tips, and you’ll be on the path to a smaller, healthier waistline.

• **Avoid foods and drinks with added sugar.** When you consume a lot of refined sugars, the liver is overloaded with fructose and immediately turns it into fat. Sugary drinks should be avoided because the brain does not immediately sense the added calories, leading to higher caloric intake. The sugar found in whole fruits and vegetables is not a problem because the fiber content lessens the effects of the fructose.

• **Mix strength training and cardio.** Strength training builds muscles, allowing you to burn more calories throughout the day. If you add cardio exercises to your workout routine, you’ll raise your heart rate and burn more fat.

• **Eat the right fats.** Did you know that fat can burn fat? Just don’t eat the wrong kinds. Meat and dairy contain a lot of saturated fat, the kind you want to avoid. Opt for Omega-3s in fish, avocados, olive oil, and sunflower seeds, instead.

• **Get enough sleep and reduce stress.** Stress and lack of sleep are huge contributing factors in weight gain. Try creating an evening routine to help you wind down and de-stress before bed.

**Recipe of the Month:**
Roasted Squash and Onions

**Ingredients:**

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<tr>
<td>4 medium yellow summer squash</td>
<td>1 sweet onion</td>
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<tr>
<td>1 tablespoon olive oil</td>
<td>¼ teaspoon garlic powder</td>
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**Instructions:**

Preheat oven to 425°F. Cut squash into slices lengthwise. Slice onion into thin wedges. Toss the squash and onions in the olive oil. Lay on a cookie sheet in a single layer. Sprinkle with garlic powder and bake until bottoms of squash are brown.
It’s simple: when you are organized in the workplace, your productivity increases. A cluttered desk can leave you stressed and searching for pens, papers, and important folders. Or work can be lost or misplaced, leading to confidentiality issues and possible problems for the company itself. Maintaining a tidy workspace decreases the amount of time you waste searching for items, leading to more productivity, improved efficiency, and a less-stressful workday.

Try this plan to optimize your workspace:

1. **De-clutter.** Start by trashing and recycling things that you don’t need, such as unnecessary paperwork and old pens that no longer work. Scan and digitize what you can.

2. **Create work zones.** Examine what kind of work happens where and designate work zones in your space. Ensure that you place related items in those areas as you work. Position your phone and other items that you use regularly close by to avoid back pain and carpal tunnel.

3. **Organize your files.** Create folders and files on your desktop or in a filing cabinet. Organize them alphabetically for easy accessibility in the event of a last-minute meeting or request from a manager. Create a file/discard schedule to stay on track.

4. **Stick to the plan.** Keep your workspace neat and tidy to avoid disorganization from becoming a never-ending cycle.

Adapting to Change

Change happens whether we want it to or not. Many people are afraid of change, but the ability to adapt and be open to challenges can increase your quality of life. Accepting uncertainty can help you find solutions and strategies for the new situations you encounter. If you have trouble adapting to change, try our **ABLE** strategy:

- **A**nalize. Gain an understanding of the change to make informed choices.
- **B**e patient. Give yourself time to adjust.
- **L**et go. To create the future you want, let go of the past.
- **E**xpect change. Change is a part of life — be prepared and make the best of it.

**Questions to help deal with change**

1. Is there something of value in this change?
2. How can I adjust my thinking to help me accept this change?
3. Can I just take one step at a time until I accept this change?
Don’t Let Holiday Havoc Happen

The holiday season is upon us, and with this time of year come several decisions that need to be made. These might include:

• Stay home or shop the evening or weekend sales?
• Which side of the family to spend the holidays with?
• Which football games to watch?
• Travel or stay close to home?
• Splurge on stuffing and pie?

As one holiday ends, planning for the next begins, and this time crunch can play a role in how we make decisions this time of year. Marketers know this and use it to push consumers toward impulse purchases based on feelings of nostalgia, anticipation, and pressure.

Remember that there are no wrong decisions to be made, as long as your decisions are not based on fear or guilt. Be mindful that the choices you make should benefit you, your health, and your family.

Monthly Quiz:

1. Reducing fat in targeted spots is:
   a. Totally possible if you do enough crunches
   b. A myth, as fat is burned evenly from all over the body
   c. Accomplished by avoiding pizza to make room for cake

2. Which of the following is most true?
   a. Bribing is the best way to get kids to eat more vegetables.
   b. The fact that vegetables are healthy is enough reason for everyone to eat plenty.
   c. When vegetables are presented in tasty dishes, picky eaters can learn to enjoy them.

3. What does being organized have to do with productivity?
   a. Clutter can leave you stressed out.
   b. Messy workstations can lead to lost or misplaced work.
   c. A clean desk decreases the amount of time wasted searching for files.
   d. All of the above.