

Zero Weight Gain

HOLIDAY CHALLENGE



December 13, 2013 / Issue 8

Making Plans to Change a Cue

Here are some steps to change successfully

In the last two messages, food and physical activity cues were described. Now let's make an action plan to change a cue in your life. It is best to write this plan down on paper so it is clear what steps you will take.

■ **First, write down what eating or physical activity cue you want to work on.** You might want to eliminate a problem cue like watching too much TV or add a positive cue like only eating in the kitchen.

■ **Next, list what you can do first to either reduce the cue's effect if it is a problem or enhance its effect if it is a positive behavior.** Be specific about when you will do this action. For example, you might say, "Each Sunday I will look at the weekly program guide and select only one TV show to watch each night."

■ **Then list all the roadblocks you may face on one half of the paper.** On the other half of the paper, describe how you might overcome each barrier. For example, if your family likes to eat in front of the TV, plan a time to explain your reasons for wanting to eat only in the kitchen so you can brainstorm together how this could be done.



Writing down your plans makes you more likely to accomplish them.

■ **Also describe what factors may make you more likely to succeed.** In the case of wanting to watch less TV, you could list other pleasurable activities to do instead. To make eating in the kitchen more inviting, you might think about ways to make the kitchen environment more attractive like putting flowers on the table or playing favorite music in the background.

■ **Most of all ask people to praise your efforts in making this change and to ignore any slips.** It's that positive reinforcement that will probably lead to your long-term success.

Cran-Raspberry Panna Cotta

(from the Oregon Dairy Council)

Here is a nice light dessert that is not too high in fat or carbohydrate for the holidays.



1 rounded teaspoon of unflavored gelatin
1 tablespoon cold water
1 ½ cups low fat milk
cup sugar
½ cup low fat plain yogurt
½ cup light sour cream

½ teaspoon vanilla
1 tablespoon orange juice concentrate
¾ cup canned whole berry cranberry ½
sauce
¾ cup raspberries, fresh or frozen
¼ cup dark chocolate shavings or curls

1. In a medium sauce pan, soften gelatin in cold water. Add the milk and sugar.
2. Cook on medium heat, stirring constantly until gelatin dissolves.
3. Cool about 10 minutes.
4. Add yogurt, sour cream, vanilla, and orange juice concentrate.
5. Mix with a wire whip until smooth.
6. Pour into six 6-ounce glasses or stemware. Chill at least six hours or overnight. These are the panna cotta.
7. Mix the cranberry sauce with the raspberries. Crush fruit lightly or blend until smooth.
8. Spoon the cranberry-raspberry mixture equally over the panna cotta.
8. Garnish with chocolate.

Serving option: Use a 1 ½ quart glass bowl instead of 6 glasses. Layer ingredients as described.

6 servings

Nutrition Information per serving:

Calories: 245 Carbohydrate: 27 grams
Fat: 5 grams Saturated Fat: 3 grams
Sodium: 101 milligrams

Protein: 5 grams
Cholesterol: 12 milligrams
Dietary Fiber: 1.5 grams

Exchanges: 2 other carbohydrates and 1 fat



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