

Tis The Season For Portion Control

how watching portions will allow you holiday sweets and treats

December 12, 2008 – Portland, Oregon - Tis the season where sweets and treats are abundant, tempting and in your face at the office, home, friends and just about everywhere. We are hit with a slew of temptations from now until the New Year making it harder to stick with exercise and diet. Family gatherings and holiday travel make it sometimes difficult to continue on your fitness journey. The holidays revolve around good, rich and tasty foods which you want to and should partake in especially if you have been exercising and eating right diligently for the rest of the year. The key is portion control on the rich and sweet foods. Take into consideration the fact that it is not just one meal you will be attending that will include these foods so portion control is even more important.

It is easier to control a meal if you are the one hosting, making choices to use healthier alternatives which everyone will enjoy. This is a great way to give your guests some tips so they can use them for their own entertaining. Whipping up tasty treats for family and friends is a nice gesture but sharing nutritious meal tips can help your guests maintain a healthier lifestyle.

Food choices that are lower in sugar and fat can sometimes actually taste better than the original item. Using non fat plain yogurt in place of sour cream and mayonnaise can lower the fat of items such as coleslaw and other cold salads. Even egg and tuna salad is delicious done this way. You can also use lemons, grainy mustard and yogurt for a simple yet tasty, creamy salad dressing.

This holiday season, rather than serving sugary drinks and punches use all natural **Fructevia, Steviva Brand Stevia Blend and Steviva Brand Stevia Powder**. You don't need to cut out sweets completely, just cut down on them and savor it with a small portion.

When being a guest, make sure to select the most nutritious items offered. Find a few of treats you like but take smaller portions so that you can enjoy more than one. Don't go overboard, this way you can sample some more at your next outing and still stay inline with your calorie intake. If there is one item in particular you like best, forego all other sweets, then get a nice serving of that which you love the most and enjoy it.

Whichever course you elect to take, remember to have a great time and exercise moderation. Portion control will be your friend that helps you make it through the holiday season with out the gift of weight gain.

Low Glycemic Sugar Free Spiced Cocoa

Serves: 4

Carbs Per Serving: 14.5 g

Prep Time:<15 minutes

Nothing defines the holiday season like a nice cup on hot chocolate or as my family called it cocoa. A lot of people don't realize the amazing health benefits of cocoa. A recent study has found that cocoa is rich in powerful antioxidants. Antioxidants can

protect you against a range of diseases and reduce the effects of aging. Further studies suggests cocoa may be richer in antioxidants than drinks like tea and red wine.

Conventional hot chocolate is loaded with sugar. Here is an amazing cocoa recipe that is low in carbs and sugars yet is really delicious. I have this almost every morning during the winter months. You have to try it, seriously. ~TK

Ingredients:

1/4 cup unsweetened cocoa powder
1/3 cup [Steviva Brand Stevia Blend, Fructevia](#) or 1/16 tsp of [Steviva Brand Stevia Powder](#)
1/2 teaspoon ground cinnamon
1/2 teaspoon ground cardamom
1/2 teaspoon ground nutmeg
1/8 teaspoon salt
3 1/2 cups milk
1/2 cup hot water
1 teaspoon vanilla extract

Preparation:

In a saucepan, combine cocoa, [Steviva Brand Stevia Blend, Fructevia](#) or [Steviva Brand Stevia Powder](#), cinnamon, cardamom, nutmeg, and salt. Blend in hot water. Bring to a boil over medium heat; boil, stirring for 2 minutes. Add milk; stir and heat thoroughly, but do not boil. Remove from heat; stir in vanilla. Beat until foamy. Serve hot with cinnamon sticks, if desired.

Nutritional Facts

Serving Size: 1 cup

Total Calories: 510

Calories Per Serving: 127.5

Total Fat: 12.4g

Saturated Fat: 6.4g

Cholesterol: 41.3mg

Sodium: 516.9mg

Total Carbohydrates: 60g

Carbohydrates Per Serving: 14.5g

Dietary Fiber: 1.2

Sugars: 58.2g

Protein: 42.4g

Please contact Thom King at Steviva Brands, Inc. at 310-455-9876 for interviews, product shots and samples.

Download products shots at:

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