

Barbara Bratton-0505
605 Memorial Dr SE
Cedar Rapids IA 52403
319-362-9801
bbratton505@imonmail.com

Dear TOPS Friends,

Now that the Holidays are in full swing, you probably have started your Christmas baking. Remember to give away most of the treats. Stay on the Road towards your health and wellness goals.

You can eat smaller portions of your favorite foods or prepare reduced calorie family favorites and eat moderate portions. You can make small changes in recipes---like reducing fat and sugar to lower the overall calories. Here are some general guidelines for baked goods to reduce calories, fat, and sugar and add vitamins and minerals:

1. Remove one-fourth of the sugar and/or one-fourth of the fat without changing the taste or texture.
2. Add fruit and/or nuts for added vitamins and minerals.
3. Replace butter or shortening with canola oil and/or one whole egg with two egg whites to decrease saturated and trans fats.

No matter which holiday you are celebrating this time of year, make the most of your traditional dishes by keeping an eye on portion sizes and trimming calories on desserts and baked goods.

Enclosed is information from the TOPS Board of Directors. I do hope many chapters will achieve the net average loss of 8 or more pounds by the end of the year. I want to see you receive your honors at the SRD and read your chapter's name in the TOPS News.

One of my goals for 2012 is to be invited to my chapters, without an area captain, to present a program. The Super Foods program is very informative and I'm sure the next one, "Masterpiece or Paint-by-Number," will be as great! You can learn the difference between healthy and restrictive eating.

MERRY CHRISTMAS & HAPPY NEW YEAR, TOPS LOVE, BARBARA