

# Foot Sense

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FOOT AND ANKLE CENTER OF LAKE CITY



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## 5 Ways to Eat Mindfully At Thanksgiving

As the holidays draw near, most of us start salivating at the mere thought of eating some of our favorite foods. If you have diabetes or weight issues, the holiday can be fraught with fear about how to navigate Thanksgiving without compromising your health.

Fortunately there are ways to enjoy the holiday without overindulging by following these simple tips.

### Eat Ahead of Time

Although it may seem logical to skip breakfast on Thanksgiving Day, the experts say that eating a small meal earlier in the day can help you control your desire to over eat later on. Eat a breakfast with protein like eggs instead of having your usual coffee and toast. Protein will last longer in your body and you won't be starving when you arrive at the dinner table. (over)

## Cranberry Quinoa Salad with Orange, Mint and Kale

This is the perfect Thanksgiving side dish. Because it's low calorie and gluten-free, everyone can indulge.

### Ingredients

- 1 cup quinoa
- 2 cup water
- 2 large leaves of kale
- 2 cup fresh cranberries
- 2 TBS extra virgin olive oil
- 1- tsp honey
- 2 TBS grated orange zest
- 6 small oranges
- 1/4 cup mixed nuts
- 1/4 cup pomegranate seeds
- 1/4 cup chopped fresh mint

### Instructions

1. Rinse quinoa with water and strain.
2. Cook in 2 cups of water for 12-15 minutes.
3. Transfer to a large bowl and let it cool.
4. Wash and remove stems from kale, chop finely and add to the quinoa.
5. Add cranberries, olive oil and honey in a food processor and pulse to chop coarsely.
6. Peel and coarsely chop oranges and add to cooled quinoa along with the orange zest and cranberry mixture.
7. Stir in nuts, pomegranate seeds and mint.
8. Serve after refrigerating.

Recipe modified from Family Spice

Cranberry Quinoa Salad with Orange, Mint, and Kale



## Consider The Ingredients

You may be hosting Thanksgiving or bringing a dish to share--either way there are ways you can choose ingredients that will be healthier for you and the guests.

- Cut back on sugar - many recipes for Thanksgiving are loaded with sugar. Consider the classic yam dish with marshmallows on top. Yams already contain sugar which is what makes them super delicious. If you want to add zest to them, add spices such as cinnamon, nutmeg, and cloves. Consider substituting white sugar with maple syrup or honey.
- Use fat free chicken broth to baste the turkey and as the base for gravy  
Skip the butter when serving mashed potatoes. Try using Yukon gold or red skinned potatoes. Because of their smooth and buttery nature they taste great without it.

## Change Up Your Plates To Cut Calories

It's been shown that people will choose less food if their plate size is smaller. If you're hosting let your guests choose their plate size. If your celebrating somewhere else ask the person hosting to provide you with a smaller plate.

## Choose Must Have Foods Only

Instead of scrambling to get everything on your plate--take a deep breath, look around the table, and take only your must haves. For example, rolls are almost always a staple at Thanksgiving but so is stuffing. If you know you must have stuffing to feel like you've really celebrated, pass up the rolls.

## Savor The Food And The Experience

Because most of us eat so quickly, we don't realize we're full until we've already eaten too much. Put down your fork after each bite and actually taste the delicious food you just put in your mouth. Enjoy the company in addition to the food and you'll eat more slowly.

If you're experiencing foot pain or diabetes and need to see a podiatrist, call the Foot and Ankle Center of Lake City at 206-368-7000 for an appointment, often same day.

## How To Prevent A Plantar Fasciitis Flare-Up At the Holidays

At this time of year you'll be spending more time than usual on your feet. If you're prone to plantar fasciitis I know you'll want to have some tools in your toolbox to prevent a holiday season flare-up.

### Get yourself a pair of dress orthotics

Very likely you have one pair of orthotics for a wider shoe with a larger toe box. Although they were great to help you heal from plantar fasciitis, they just won't cut it when you get all snazzed up for the holidays. You want to don your favorite pair of shoes and your orthotics just won't accommodate the narrow, cute style. Never fear, we do make orthotics for dress shoes.

### Don't wear flat, flat shoes

Tight calf muscles and flat, flat shoes can create the perfect storm for those with a tendency to get plantar fasciitis. And at this time of year when you'll be spending lots of time on your feet at parties avoiding flat, flat shoes will help keep you out of pain. Plan to wear shoes that have a slight heel of up to one inch. You'll be much happier and you won't have to come see me.

### If you have to wear high heels, listen up

I know many of you may want to wear your high heels at this time of year and I can't stop you. Instead of taking off your shoes when your feet start to ache, bring an extra pair of shoes that have more room in the toe box and are 1 inch in height or less.

If you're experiencing a flare-up of plantar fasciitis, call us today for an appointment at 206-368-7000 so we can help you get back on your feet to enjoy the holidays.

