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## 5 Wise Foods to Halt Holiday Weight Gain

By **Rachelle Nones** | December 16, 2011 at 6:10 am

If your usual diet of bland breakfast bars, limp lettuce and ho-hum hummus leaves you feeling deprived and vulnerable to tempting high-calorie treats, it is time for a menu makeover. Satisfy your appetite and slam the brakes on fudge with the help of these diet wise helpers.



Photo courtesy of Michelle Duong Davenport

### Comfort Food in a Cup

It's a whole lot easier to pass up fattening cakes and pies when you've got nutrition expert **Michelle Duong Davenport's** low calorie smoothie on standby in the fridge.

#### Body-Friendly Pumpkin Pie Smoothie

- Blend together until smooth:
  - Two scoops from a pumpkin that has been baked facedown in a glass baking dish filled with 1-½ cups of water at 400°F until it is soft enough to be pierced through with a fork. Or, you can substitute a few scoops of canned pumpkin pie filling.
  - One scoop of plain Greek yogurt or Soft Silken Tofu
  - A pinch of pumpkin pie spice or nutmeg
  - A splash of hemp milk or another milk you prefer
  - Top with a dollop of Greek yogurt and a sprinkle of nutmeg.



### Belly Banishing Diet & Energy Bars

**Why Weight's** Peanut Butter Dunkin Energy Bars do not contain any empty calories, chemicals, caffeine or preservatives, and they're also free of gluten. "No wheat germs allowed," said Why Weight's owner, **Janet Best**.

Dieters can opt for Why Weight's diet bars containing Acai berries to suppress cravings. Best said, "They are fat burners in a very natural way. The first thing people lose is the tummy fat. I bake them in batches of 30 bars so that I can standardize the daily requirements and ask folks to eat one per day with a meal."



### Freekeh is the New Couscous

**Greenwheat Freekeh** is a low GI roasted wheat alternative to pasta and rice that is easy to cook up on the stovetop, in the microwave or using a rice cooker. If you are partial to grain products with a nutty smoky flavor, toss a few handfuls of Freekeh into a low-calorie soup or salad to add extra texture, flavor and hunger-zapping fiber.

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### A Sweet Treat, Without Hell to Pay

The average portion of two cherry cheese blintzes contains approximately 268 calories. Two wheat-free cherry cheese blintzes from [Get Healthy America!](#) weigh in at only 170 calories. Top off with a light sprinkling of confectioner's sugar and you're good to go. To order, or for store location information, call: 516.922.1323



### Shake It Up

Calorie-controlled meal replacement shakes are a quick hunger fix when you're too busy to cook. [Mega Way's](#) Cacao Chocolate Meal Replacement shake's gluten-free blend of organic whey protein concentrate, Goji Berry, spices, seeds and other premium ingredients makes it easy to eliminate harmful chemicals, preservatives, trans fats, sugar and artificial sweeteners when you're cutting calories.

### More on Healthy Holiday Eating from HalogenTV.com:

1. [Tis the Season for Weight Gain: A Guide to Curbing Holiday Cravings](#)
2. [10 Tips to Avoid Holiday Weight Gain](#)
3. [5 Healthier Holiday Treats](#)

Food

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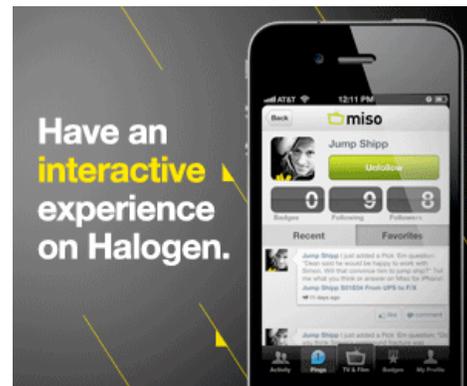
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