



[ FOOD COURT ]

## Wafer Waver

The wrong cookie's nutrition label can grind that sugar high to a halt



The holidays are a time to relax and enjoy delicious food with family and friends. But with work parties and social gatherings in between, the delicious food never seems to end. All the bits and pieces count around this time of year, and since holiday cookies are everywhere these days, we went in search of

healthy options. We stopped short, though, when we determined a shocking nutritional difference between two popular holiday favorites, the Pillsbury Ready to Bake Snow Man and Reindeer Shape Cookie and the Pillsbury Ready to Bake Sugar Cookie. Which do you think has fewer calories and less fat?

### Verdict

To our surprise, we found the Pillsbury Ready to Bake Snow Man and Reindeer Shape Cookie to be a lower-calorie and -fat option than the Pillsbury Ready to Bake Sugar Cookie. With 120 calories and 6 grams of fat, the former holiday cookies have 50 less calories than the Pillsbury Ready to Bake Sugar cookies, which have 170 calories and 9 grams of fat. And those nutritional totals are measured without frosting and sugar

sprinkles, usually added to the traditional sugar cookie, which can add another 150 calories per two cookies.

Eating just four of these decorative sugar cookies a day in place of the holiday pattern cookies will add an extra pound onto the waistline every 23 days.

It may not seem like much, but why not save the extra calories for the mashed potatoes and gravy?

Christine H. Haas is a certified NASM personal trainer and a licensed nutritionist. Visit her website at [www.nuweights.com](http://www.nuweights.com).

## Body Wrap

Sizing up the final figure

After six months of visits with a personal trainer, meetings with a nutrition-lifestyle counselor and massage therapist, I find I am going through withdrawals. I am missing all those incredible pros who have become part of my life.

What I will not miss are the 21 pounds I shed during the process. I went from 213 to 192. Through the "5 Stones" program at the Integrative Family Medicine Center in Leesburg, I reached all the goals I set out to meet, save for curing the pain in my nerve-damaged right arm. The work paid off: There's some semblance of ribs showing through what used to be a potbelly.

My triglycerides dropped like a rock, from 184 to 140, my HDL (the good cholesterol) went up from 59 to 63, and my LDL (the bad cholesterol) retreated from 133 to 126. And I'm not just fitter, I'm smarter about how I live. But I do miss the people who have changed my life.—BM

Buzz's blog closes this month at [www.northernvirginiamag.com/bodyblog](http://www.northernvirginiamag.com/bodyblog).



JONATHAN TIMMES (BUZZ)

Strength-train your wellness savvy with Christine's weekly chat on Thursdays at 2 p.m. Visit [northernvirginiamag.com/health\\_beauty/well\\_bent.html](http://northernvirginiamag.com/health_beauty/well_bent.html).