

Fruit!

So after enjoying all these wonderful meals and special treats and drinks during the holidays, I am waking up to discover that I am really fat.

Not really. But, you know, when you put on a pair of favorite pants and think they've suddenly shrunk in length (even though they were fine the last time you put them on), then you have to fess up to the fact that it's the size of your hips that's hiking them up and you know, Spanx can only do so much. So I've gained a few pounds and it feels really uncomfortable.

I've now gone back to "clean eating" - less meat, little or no carbs and having a piece of celery or a half of apple if I'm starving before dinner. It's working. I've already lost 3 of the 5 pounds.

I think fruit is a wonderful thing. Some doctors have told me it's too sweet, it has too much sugar. But it's a natural sweetness, right? It's refreshing, satisfying that sweet tooth craving and makes all things "right", as my mother used to say. She would have a piece of fruit at the end of her lunch every day as well as pack an apple, orange or pear in our lunch for school. I have kept that habit up, only we have a small bowl of fresh fruit salad at the end of our breakfast everyday. What I do is make a very large fruit salad on Sunday morning, and then it lasts us for the week, making it super easy to serve up for a workday morning.

You can, of course, combine all sorts of things but I don't recommend bananas, unless you eat them right away, as they don't hold up. Leave your strawberries whole so they don't break down as quickly and serve them up sooner than the rest. A pineapple is wonderful, along with grapefruit, oranges, apples, and red or green grapes. Blueberries, blackberries, mangoes and kiwi are nice as well, but need to be eaten first too.



And here's a great tip, squeeze some fresh lime juice all over your salad and then top it off with torn fresh mint leaves. I have found that the mint leaf edges will not darken as quickly if you tear them, as opposed to cutting or chopping them.

So start your new year with fruit!

