

BRING BACK MEMORIES NOT EXTRA POUNDS.....

You work hard all year to earn your vacation, a chance to relax and enjoy family and friends without the pressures of work. But while a vacation is a time to have fun, it shouldn't be a time to sabotage your weight-loss success.

I like to think of a vacation as a time of weight maintenance—a time to splurge a little and enjoy the festivities, but without gaining weight.

.....Dine out without overdoing it. Try new and exotic dishes, but stick to smaller portions. Share a meal.

.....Make healthy choices for at least 2 of your daily meals.

.....Plan ahead. If you are flying on an airplane or going in the car for a long period pack portable snacks such as fresh fruit, vegetables or healthy sandwiches.

.....Check out the local markets. Especially in the summer there is always fabulous produce for sale. Be adventurous when you are in foreign locations and try their local produce and foods.

.....Fitness can really help balance your food intake when you're on vacation. Besides fitness can be fun when you have plenty of time. You can try different activities that you may not have access to at home. So don't forget to pack your sneakers and plenty of exercise clothes.

Though you may not choose to follow your healthy eating plan or fitness regimen to the letter while on vacation, keeping yourself from falling off the wagon completely will help you avoid a letdown when you get back home and get on the scale.

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LOW FAT HUMMUS

Ingredients:

1 can garbanzo beans, drained save juice

3 t. lemon juice

3 cloves garlic peeled

2 T sesame tahini

1 t. salt

1/4 t. pepper

Preparation (12 servings)

Add all ingredients to a food processor, process until smooth, add reserved juice to attain a spreadable texture. Adjust seasoning.

Serve with vegetables as a dip or as a condiment in a sandwich.

Nutrition per serving:

62 calories; 1 gram fat; 3.5 grams protein; 11 grams carbohydrates; 2.5 grams fiber; 93 grams sodium