

Zonya's



8 Lifestyle Rules for Lasting Weight Loss

Want to lose weight and keep it off? Zonya Foco, registered dietitian, author and TV personality, presented these eight simple rules at the HAP Weight WiseSM program. Follow them to reach a new level of health, fitness and energy.

1 Eat a fruit and/or vegetable at every meal and snack. Snack on vegetables while making dinner.

2 Drink no more than 100-200 calories in beverages all day. (Not counting two to four cups of milk.) Re-think coffee with cream and sugar. Have six ounces of juice per day maximum.

3 Make it your lifestyle to stop eating at 7 or 8 p.m.

4 Respect starchy carbohydrates both in type and size. Choose high-fiber starches like oatmeal, whole-wheat pasta, brown rice, sweet potatoes and corn. Take only one fist-sized serving at each meal.

5 Choose a moderate serving of good fats at each meal, such as a small handful of nuts. Become a "non-fried foods" person. Order your salad dressing on the side.

6 Find a high-fiber, nutrient-dense way to satisfy your sweet cravings. Try fresh or dried fruit or high-fiber cookies.



7 Honor your gut feelings. Don't wait to eat until you are starved. Eat when you're physically hungry. Become accustomed to going to bed with a "light" feeling.

8 Make exercise your middle name. Adopt a set routine three to six days a week and include aerobic exercise, weight training and stretching.



Chocolate-Amaretto Cheesecake



INGREDIENTS

12 chocolate wafers OR 6 graham cracker squares	¼ cup all-purpose flour
1 cup (8 ounces) light cream cheese	¼ cup Amaretto*
1 cup sugar	1 tsp vanilla extract
1½ cup low-fat cottage cheese	1 egg
6 tablespoons unsweetened baking cocoa	2 tablespoons semi-sweet chocolate mini-morsels
	1-2 cups clean, whole raspberries OR sliced strawberries

NOTE: This recipe requires 8 hours of chilling. Make this the day before or morning of the day you plan to serve it.

Preheat oven to 300°F.

Finely crush chocolate wafers or graham crackers and sprinkle into bottom of 8" spring form pan.† Set aside.

Position knife blade in food processor bowl. Add cream cheese, sugar, cottage cheese, baking cocoa, flour, Amaretto and vanilla extract, processing until smooth.

Add egg and process just until blended. Pour mixture over crumbs in pan.

Sprinkle chocolate morsels on top of mixture. Bake for 45 to 50 minutes or until cheesecake is set. Let cool in pan on wire rack. Once cheesecake is cool, cover and chill at least 8 hours. Remove sides of pan and serve.

Place raspberries or strawberries in bowl and serve alongside the cheesecake platter. Invite guests to top their cake as desired. **YIELD:** 12 servings

*Alcohol-free option: Substitute 2 tablespoons light corn syrup, 2 tablespoons water and 1 teaspoon almond or peppermint extract.

*Chocolate-mint Cheesecake: Substitute ¼ cup Crème de Menthe for the Amaretto.

†An 8-inch round pan can be used, but it's more difficult to remove a slice neatly.

NUTRITION INFORMATION FOR 1 SLICE (½) TOPPED WITH 3-6 BERRIES

Calories = 215	Cholesterol = 29 mg
Calories from Fat = 26%	Sodium = 256 mg
Fat = 6 grams	Protein = 8 grams
Saturated Fat = 3 grams	Total Carbohydrate = 30 grams
Fiber = 2 grams	

FOOD EXCHANGES: 2 Starch, 1 Meat

(Reprinted from *Lickety-Split Meals: For Health Conscious People on the Go!* by Zonya Foco, R.D. 1-888-884-LEAN. Visit Zonya's website at www.Zonya.com).