

INSIGHT

WTC COMMUNITY WEEKLY



First Christmas in Indonesia?

Try its traditional dessert of Dutch-inspired coconut bread pudding called 'Klappertaart'

Stay in Shape for the Holidays

With Christmas and New Year coming up, this is *the* time of year when you most likely feel tempted to give into lots of treats, and worry about the consequences in January. Most households would cook up a feast to celebrate the holidays and as they say, *holiday calories don't count*.

It is true in a sense though. One of the reasons you may feel like you've packed on more weight is because many holiday foods trigger bloating and water retention. Any time you eat more carbs than usual, you store the leftovers as glycogen, the "piggy bank" reserve of carbohydrate that gets socked away in your muscle tissue. Also, high sodium foods like breads and baked goods, which don't seem "salty" but are sodium-rich, will cause your body to hang onto excess fluid. While neither of these body shifts are fat weight, they can create a bloated look, and make you feel heavy.

To get you back in shape, commit to just two simple goals between now and January 1st: "budget" your carbs and drink more water. One study found that adults who downed two cups of water before meals shed 40% more weight over a 12 week period, and another found that drinking water before meals naturally led to eating less. And hey, these could be your New Year's resolutions too.

Yours trully,
the community editor