

## DO YOU RECOGNIZE THIS MONSTER?



You smile to yourself because you think of him as one of the innocent monsters from your childhood. But I'm here to tell you why the Cookie Monster is my most feared monster of all time.

There's 2 reasons... First off, if he beats Santa to the cookie plate, I'm not getting any presents. And second, his lovable demeanor makes the public overlook just how toxic a high-cookie diet can be.

Does nobody see the toll it's taken on him?! He stammers around audaciously demanding, "Me want cookie! Me eat cookie!" with no regard for anyone else. Must be the highs and lows of those sugar-rushes.

But then when he actually gets his cookie fix, he turns into some incoherent slob talking with food in his mouth, "Om nom nom nom!"

But you know what Cookie Monster? I'm here to help you tame your sweet tooth. And wouldn't you know it, we're just in time for cookie season!



## HO, HO, HO, SWEATCOMMUNITY!

Can you believe it? It's officially the 4th holiday season we've spent together as one Sweaty Family!

At this time last year, we were just getting ready to move into our first indoor training studio in Santa Monica. And now here we are a year later, officially with "multiple" Sweat City locations! Things certainly do move fast and we have all our wonderful customers to thank.

And on that note, I'd like to welcome all our new members from our Marina Del Rey gym to the SweatCommunity! Handfuls of holiday cheer to you all for being so cool during the transition process!

Special mistletoe kisses (from Zac) to all our Santa Monica superstars that have made it a full year with us! That's a whole lotta cheesy jokes you guys have had to put up with.

Ok I got one...

*Q: How do you find Will Smith in the snow?*

*A: You look for the Fresh Prints.*

Man that's good stuff. OK sorry for digressing.

Let's get re-focused on something serious... back to the Cookie Monster.



So what the Cookie Monster, Santa, or any other cookie-abuser needs to know is:

- **Cookie Nutrition**
- **Tricks to Bake Healthier**
- **Tricks to Eat Less Cookies**

## **COOKIE NUTRITION**

A palm-sized chocolate chip cookie contains about 150 calories. And guess what, most of those calories are made up of sugar and fat (saturated, the bad kind). In fact, about half the calories in a cookie are saturated fat thanks to all the butter.

Do you know what it takes to burn 150 calories of sugar and fat off? Go run a mile and a half. I bet you can't because your stomach's gonna be hurting from all that sugar.

So Cookie Monster, before you start yelling "Me want cookie!" maybe you should think about what you're really announcing to people: "Half my diet is made up of saturated fat and I have no self-control!"

## TRICKS TO BAKE HEALTHIER

### Replace Butter with Olive/Vegetable Oil

For every tbsp. of butter you replace with heart-healthy oil, you eliminate at least 5 grams of saturated fat!

If you use oil instead of butter, only use about  $\frac{3}{4}$  the amount called for, or the cookies may end up greasy. Oil-based cookies will tend to be a bit crispier and may dry out sooner.

### Increase the Amount of Fiber

Whole wheat flour has more fiber than regular flour. And even better, it has less calories. You can also do half whole wheat flour and half regular flour so your cookies come out tasting virtually unchanged. Also try adding flaxseed to increase the amount of fiber.

### Replace Some Butter with Pureed Fruits

You can maintain the chewier, softer texture in cookies without the butter by using pureed fruit like applesauce, pear butter, or even pureed pumpkin. Just like replacing butter with oil, it's best to start with a small amount and experiment.

### Keep Sodium In Check

Aim for no more than  $\frac{1}{2}$  teaspoon of salt per batch of cookies.

## TRICKS TO EAT LESS COOKIES

### Don't Eat the First Cookie on an Empty Stomach!

It's gonna to taste real good. There's no way you're gonna only eat one. So if you're about to reach for a cookie, at least have some other food in you first so your have a chance to avoid chain-eating a handful of cookies.

### Get Milk

Milk is your best friend when it comes to containing your cookie binge. Milk is packed with great protein and will help fill you up,

which hopefully means less room for cookies.

Milk tends to dry out Muppet fur, which is why poor Cookie Monster never had a fair chance.

### **Eat Something Between Cookies**

Almost anything else is going to be healthier than cookies. Try snacking on something else in between cookies. Just split up your cookie inhalation before you find yourself subconsciously stuffing your face... "Om nom nom nom!"

**Healthy Holidays from the Sweat City Team!**

Chris and Zac  
Sweat City Fitness

[www.sweatcityfitness.com](http://www.sweatcityfitness.com)

