



Ask Molly

You've got questions? Our nutritionist, **Molly Kimball, LDN, RD,** has the answers.

Good-for-You Cereal Treats

These tasty, crispy little treats are high in fiber and protein. Perfect to satisfy any craving for sweet, salty and crunchy! Enjoy them as a Halloween treat, or any time of the year!

Ingredients

- 1/4 cup Brummel and Brown (or any butter-style spread without trans fats)
- 3 cups miniature marshmallows
- 1 cup Fiber One Cereal
- 2 cups Kashi Go Lean cereal
- 4 cups Special K High Protein Cereal

Directions

Yields 20 to 25 squares
Melt butter spread in a large saucepan over low heat, or in a large mixing bowl in microwave. Add marshmallows and stir until melted. Remove from heat. Gradually add cereals, stirring until mixed well. Coat a 9-by-9-inch baking dish with nonstick cooking spray. Spread cereal mixture into pan and cool.

Nutrition Facts Per Serving

- 65 calories
- 13.5 grams carbohydrate
- 3.5 grams fiber
- 4 grams sugar
- 1 gram total fat
- 0 grams saturated fat
- 4 grams protein

Healthy Halloween

Halloween is a perfect party holiday. Running around in costumes and getting candy—it doesn't get much better than that! And sure, it may be marketed as a kids' holiday, but that doesn't stop adults from donning clever costumes and doing a little celebrating of their own.

But no worries, you can still partake in the festivities without blowing your sugar intake for the month! Here are some diet-friendly ideas to help you celebrate, guilt-free. After all, what's Halloween without a treat?

- Dove Chocolate Promise – 40 calories
- Hershey's Dark Chocolate Kiss – 25 calories
- Single serving bag of low-fat popcorn – 100 calories
- Not all treats have to be edible! Think temporary tattoos, quirky pens, funky key chains, and so on.

If you decide to stick with traditional Halloween treats, be aware that while "fun-size" candy bars are smaller, they still have about 100 calories each. So nibble on just three "fun-size" bars and you might as well have had the "full-size" real deal!

Restaurant of the Month

Each month we'll feature tasty and nutritious selections from local New Orleans restaurants.

Jacques-Imo's Cafe

From its laid-back, funky atmosphere to the unusual-but-amazing food and flavor combinations, Jacques-Imo's Café is one of my all-time favorites!

The Steamed Mussels With Tomato-Basil Broth is a great start (just do your best to leave the mashed potatoes behind!).

Delicious low-fat, protein-rich entrées include any of the grilled, blackened, or bronzed fish (tuna, salmon, amberjack and swordfish are featured regularly), as well as the Blackened Sirloin of Lamb.

If your entrée selection is paired with a rich sauce, you can substitute any of Jacques' lower fat sauces: VooDoo Mojo, Provençal, or Pistachio sauces. Even better, Jacques is happy for customers to ask the chef to create a nutritious dish tailored to your specific needs.

Another great feature of Jacques-Imo's Café is that side dishes are included, not a la carte. Mixed greens, smothered cabbage and beets are all tasty, low-cal options.

If there's a wait for a table, just settle in and have an iced cold (light) beer or a glass of wine. No doubt, you'll have a blast when you're there. So enjoy yourself, and tell Jacques hello for me!



Q: Is it okay for my child to skip breakfast? My daughter is 7 years old and hates to eat in the morning. What can I do? —A Sacred Heart Mom

Oh, wow, you've hit on a topic that's near and dear to my heart! Eating breakfast (plus good snacks throughout the day!) is something I feel very strongly about.

Research shows that kids who eat breakfast have higher test scores and better attention spans than kids who skip breakfast. And breakfast isn't just important for kids! Adults can benefit from the metabolism boost that breakfast provides, helping to burn more body fat through the day.

When considering what to eat for breakfast, do your best to include protein as well as carbohydrates. Carbs supply a quick energy boost, while protein provides a slow, steady energy release.

Talk with your daughter to try to find out why she doesn't want to eat breakfast. Does it upset her stomach? Does she just not like typical breakfast foods?

Try nontraditional breakfast options, like a sandwich (turkey, ham, even peanut butter and jelly), a slice of cheese pizza, apple slices with peanut butter, or whole-grain crackers with cheese.

Still not appealing? Experiment with drinkable breakfasts such as smoothies or shakes made with fresh fruit and low-fat milk or yogurt. Even just a tall glass of low-fat milk is better than nothing!

Involve your daughter in the process, giving her several nutritious options to choose from. That way, she'll feel like her input matters, and you'll know she'll be getting the fuel she needs! ■

As Sports and Lifestyle Nutritionist at Ochsner's Elmwood Fitness Center, Molly coordinates the center's nutrition program, counsels clients in reducing body fat, and building lean muscle, endurance training, disordered eating, and general health and wellness.

Please write or email your questions to molly@livingneworleans, we'd love to hear from you.

