



FOR IMMEDIATE RELEASE

Weight Loss Experts Offer Healthy Cooking Tips and Recipes for Hanukkah

Culinary pros and nutritionists at leading weight loss facility share their healthy holiday menu and tips for celebrating the Festival of Lights

DURHAM, N.C. (December 17, 2008) — Like most Jewish holidays, Hanukkah has its own special food traditions, which focus on fried foods like latkes (potato pancakes) and sufganiyot (jelly doughnuts) to commemorate the miracle that one day's worth of oil kept the temple lit for eight nights. While a meal centered on fried foods may sound like a diet disaster, experts at Structure House, an internationally recognized residential weight loss center in Durham, N.C., have a few tips for celebrating this tradition.

"By making a few small modifications to the ingredients and methods you use to prepare your food, you can still enjoy a traditional Hanukkah meal that is healthy and delicious," said Dr. Gerard J. Musante, clinical psychologist and founder of Structure House.

Whether pan-frying latkes or deep-frying pastries, the most important thing to consider is the type of oil used. The type of fat you eat influences your risk of heart disease more than the amount you eat, so stick with oils that contain healthy monounsaturated fats, such as olive, canola and peanut oils.

Eating dairy foods, especially cheese, is another popular Hanukkah tradition that honors Yehudit (Judith), the Jewish heroine who saved her village from attack by Syrian troops. Most cheeses are high in fat and sodium, and therefore should only be consumed in small portions. A few healthy options are part-skim mozzarella or ricotta, and low-fat cottage cheese.

In celebration of the holiday, Structure House has prepared a healthy dinner menu for its participants for Hanukkah. The chefs will prepare three main entrées: Lemon Chicken, Roast Brisket with Carrots & Onions, and Baked Whole Wheat Penne with Roasted Vegetables, as well as several side dishes including asparagus, a spinach salad with choice of dressing, and a latke with applesauce.

Hanukkah, also referred to as the Jewish Festival of Lights, is an eight-day holiday celebrating the victory of the Jews over the Syrian-Greek army and the rededication of the Second Temple in Jerusalem more than 2,000 years ago. After driving the invaders out of their temple, the Jewish soldiers found only enough oil to light the menorah for one day, but it miraculously remained lit for eight days. This year, Hanukkah begins at sundown on December 21.

About Structure House

Structure House®, an internationally recognized residential weight loss center in Durham, N.C., offers a unique, behavioral approach to weight loss and healthy lifestyle change. The facility, which celebrated its 30th anniversary in March 2007, integrates principles of nutrition and exercise with psychology in a treatment approach designed to transform the eating habits and lifestyles of overweight individuals. Since 1977, Structure House has helped more than 30,000 people from all 50 states and 35 nations battling obesity. The name Structure House underscores the critical role structure plays in achieving long-term weight loss.

Gerard J. Musante, Ph.D., one of the nation's leading experts on obesity and weight loss, is the founder and director of Structure House. A renowned clinical psychologist, Dr. Musante was the first person to adapt the principles of behavior modification to the eating habits of significantly overweight people and

food abusers. Dr. Musante is the author of [The Structure House Weight Loss Plan](#). For more information, visit www.structurehouse.com.

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