

# You Don't Have To Gain 10 Pounds Over The Holiday's - Says Kamal Muhsin Owner Of The Forum Private Fitness Of Westchester

**The holidays are just about here**, and between errands and travels, you may have to hit up a fast-food joint or coffeehouse in search of breakfast. The bad news: There's plenty of junky temptation out there. Here's what to avoid, and here's what to order:

## Starbucks

*What to skip:* Like most coffeehouses, Starbucks' bakery menu has plenty of obvious calorie and fat bombs: donuts, fritters, croissants, and the like. But their Zucchini Walnut Muffin is a wolf in healthy sheep's clothing. It has a whopping 490 calories, 28 grams of fat, and 490 milligrams of sodium.

*What to order:* The Strawberry & Blueberry Yogurt Parfait has 300 calories and just 3.5 grams of fat (none of it saturated), along with a satisfying 7 grams of protein and 3 grams of fat. Crave a hot breakfast? The Starbucks Perfect Oatmeal clocks in with 140 calories, 2.5 grams fat, and 4 grams of fiber.

## McDonald's

*What to skip:* You'd think one of those Egg McMuffins is the worst breakfast offender. Nope, that honor goes to the Big Breakfast with Hotcakes. It weighs in at a heart-stopping 1,090 calories, 56 grams of fat (including nearly all the saturated fat you should have for the day), and 2,150 milligrams of sodium.

*What to order:* The 290-calorie Fruit & Maple Oatmeal has 5 grams of protein and 5 grams of fiber. Nice! Even better, order it without brown sugar and request light cream to save 50 calories and slash the fat in half. Can't resist the Egg McMuffin? Order it without the American cheese and it comes in at a not-so-awful 250 calories, 9 grams of fat, and 15 grams of protein.

## Jamba Juice

*What to skip:* C'mon, how bad can a smoothie be? Depends what you order. Choose a 24-ounce (that's the Original size) Peanut Butter Moo'd and you'll slurp down 770 calories before you know it.

*What to order:* Lots of places are serving oatmeal these days, but Jamba's is made from hearty steel-cut oats made with a touch of soymilk. Order yours plain with a cut-up banana. It's just 240 calories, but has 6 grams of fiber and 9 grams of protein that will hold you over until lunchtime.

*The Forum Private Fitness Club is a results oriented gym with your own personal trainer, providing one-on-one guidance, diet and body composition analysis, individualized exercise programs, and comfort and privacy without noisy distractions, onlooker or waiting for equipment.*

*The Forum Private Fitness Club is at 8737 La Tijera Blvd., Westchester, CA*

**Information and appointments: 310.337.1810**