

# Eat + Run

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## What Nutrition Experts Want for Christmas

Twelve gift ideas from and for the health-minded.



Want fresh fruit to show up at your door each month? So does someone on your gift-giving list.

By [Keri Gans](#) Dec. 15, 2014 | 10:52 a.m. EST

'Tis the season of gift-giving and, if you ask me, that isn't always easy. No one wants to buy someone a gift only to have him or her never use it or worse, regift it next year.

Personally, [yoga](#) clothes are what I want. There's nothing like a brand new outfit to get me excited about going to class. I'm especially into printed leggings, which aren't always easy to find, versus boring black ones. One company I love is Onzie; if you're lucky, you can find them in

some yoga studios, or simply purchase from them online. I also like Athleta, believe it or not, over Lululemon – Athleta seems to have newer and more exciting styles to choose from these days.

To help with more ideas, I decided to ask some of my nutritionist pals what they would want as a gift this holiday season. Hopefully their “wants” will help you with some great ideas for a special someone – or, maybe even for yourself.

### **1. Blender**

“My blender recently broke and I'm going through withdrawal! I make everything from [smoothies](#) to soups to salmon croquettes in my blender. Of course, the Vitamix is at the top of my list, but I know it's a pricey gift. Another less pricey blender that I also like is the Ninja – it comes with personalized cups so I can make smoothies for my kids in a flash.” – Toby Amidor, dietitian and author of “The Greek Yogurt Kitchen: More Than 130 Delicious, Healthy Recipes for Every Meal of the Day”

“Living in a tiny New York City apartment, I don't have the luxury of space, especially when it comes to my kitchen. The immersion blender is a small, compact appliance that is really versatile and can be used a variety of ways. It keeps food close to the blade, so it's ideal for puree or blending foods right in the pan, bowl or cup. Pureed [soups and sauces](#) can be easily made right on top of the stove – and you get the added bonus of a smooth, creamy consistency without any added fat.” – Alissa Rumsey, spokeswoman for the Academy of Nutrition and Dietetics

### **2. Gift Certificate to a Community Garden**

“Living in apartments, I can't have a garden of my own. I really miss getting my hands in soil, planting my own produce and herbs, watching them grow, harvesting them and enjoying them myself or giving some of my bounty to friends. Nutritionally and taste-wise, there's nothing like eating something you grew yourself, especially just minutes or hours after harvesting.” – Cynthia Sass, dietitian and author of “S.A.S! Yourself Slim: Conquer Cravings, Drop Pounds and Lose Inches”

### **3. Subscription to a Fruit of The Month Club**

“I would be thrilled to get a seasonally-picked surprise every month that is so sweet it will [satisfy the yen for dessert](#). It's a sweet gift that keeps giving throughout the year.” – Joan Salge Blake, dietitian and clinical associate professor at Boston University

### **4. Fitness Tracker**

“I simply want the latest and greatest [fitness tracker](#) – the UP3 by Jawbone. I had an UP band since it first came on the market until a couple of months ago, when it decided its lifetime was

up. I'm such a numbers person, especially when it comes to my health – and I love to know I've gotten at least 10,000 steps every day. That's especially important since most of my work involves cooking and eating!" – Jackie Newgent, dietitian, culinary nutritionist and author of "The With or Without Meat Cookbook"

## 5. Cappuccino Machine

"For my wish list I'd like a cappuccino machine that can make a perfect cup of cappuccino that stays hot beyond the first sip. This beverage is a perfect buffer to a high-calorie snack and could [save hundreds of calories](#) when sprinkled with cocoa and savored in place of dessert after dinner. The caveat is that this machine also needs to be one that barely takes up any of the precious real estate on my countertop!" – Bonnie Taub-Dix, dietitian and author of "Read It Before You Eat It"

## 6. Running Shoes

"It sounds simple, but a great new pair of sneaks always [motivates me to get moving](#). Brooks Women's PureFlow 3 Sneakers are lightweight and supportive, plus I love the color. They almost glow in the dark, making them easy to find while getting ready for that morning run when it's definitely still dark outside!" – Erika Horowitz, dietitian and associate at Keri Gans Nutrition

## 7. Cast Iron Skillet

"I have changed to all eco-friendly, 'green' cookware in the past few years, but in researching my new book, I got sold on cast iron. When cast iron is cleaned, dried and seasoned properly, it can be the best naturally non-stick surface there is. Non-stick surface means [less oil needed in cooking](#). Now I just have to do more arm workouts because cast iron is heavy!" – Dawn Jackson Blatner, dietitian and author of "The Flexitarian Diet"

## 8. Headphone Alternative

"I want a Jambanz Slap Bracelet. It looks like a watch, but it's really like a speaker that works as an alternative to headphones. I'd love to wear one when I do my [power walks](#), especially with the More magazine/Fitness magazine Women's Half-Marathon coming up in April! I always wear headphones when I walk outside, but I'm sure using this device will be much safer and less distracting, especially when crossing the street. – Elisa Zied, dietitian and author of "Younger Next Week"

## 9. Membership to a Local Tennis League

"Tennis is a sport I learned as a child and it's stayed with me throughout life. I used to play and compete regularly, but I haven't in the last 10 years, so I'm recommitting myself to getting back to the game I love!" – Robin Plotkin, dietitian and culinary nutritionist at Robinsbite

## 10. Food Delivery Service

“As a busy nutrition and fitness professional, it’s important to eat healthy and [get fresh food](#). I would love a healthy food delivery service like Fitness Kitchen in Los Angeles. It provides all the meals and snacks I would need for the day and it’s specific to my dietary preferences. This would be such a huge help in getting my healthy food and saving time with food prep!” – Erica Giovinazzo, head coach and nutritionist at Brick CrossFit

## 11. Culinary Adventure

“Last year, I was lucky enough to receive my professional chef certificate from the amazing Carol Cotner Thompson of the New School for Cooking in Culver City, California. It would be incredible to expand on that knowledge in one of her adventure retreats – like one to Catalonia, Spain, where you learn to [cook wonderful new dishes](#) with local, fresh ingredients and discover the food, culture and history that the region is known for. Then I could take that knowledge and experience back to my own kitchen.” – Patricia Bannan, nutrition expert and author of “Eat Right When Time is Tight”



**Keri Gans, MS, RDN, CDN**, is a registered dietitian/nutritionist, media personality, spokesperson, and author of [The Small Change Diet](#). Gans's expert nutrition advice has been featured in Glamour, Fitness, Health, Self and Shape, and on national television and radio, including The Dr. Oz Show, Good Morning America, ABC News, Primetime, and Sirius/XM Dr. Radio.

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