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— PORT CITY —

Find health and happiness through intuitive eating

As diet trends come and go, it's important to develop a healthy, sustainable relationship with food.

BY ELIZABETH M. HOLM

Healthy eating has become America's obsession.

Paleo, keto, gluten-free, vegan, plant-based, clean eating and intermittent fasting currently are all the rage. No one can deny that being healthy is a good thing, but are all, or any, of these diets really healthy?

As a registered dietitian, nutritionist and columnist for the Alexandria Times Foodie section, I am passionate about food and eating. Throughout my 40 years in the field, I have seen diets, food trends and fads come and go. Although marketed as the key to ultimate health, most of these diets are designed to help people lose weight. That has become the hallmark of

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PHOTO/GREGG LINZEY

The pastrami and Swiss bagel from Chewish Deli, a food truck business that plans to open a brick-and-mortar shop at 807 Pendleton St.

New restaurants open during pandemic

BY OLIVIA TUCKER

Despite the economic and public health challenges presented by the coronavirus, several local business owners have decided to take the leap and open Alexandria-area eateries during the pandemic.

While it might seem counterintuitive to start a new restaurant in the COVID-19 era — which has dealt crippling blows to many in the restaurant industry — these Alexandrians see it as a rare, if risky, opportunity. Most are operating with business models well-suited to the constraints created by the virus, such as take-out or food trucks, and others offer outdoor seating.

“I think you have to be in it for the long haul,” Larry Ponzi, co-owner of Piece Out, a new casual Italian restaurant in Del Ray, said. “We’re here to endure.”

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PHOTO/MAGNOLIA STRIPES

For their tablescape this holiday season, the Marrs family took inspiration from Colonial Virginia.

The perfect holiday tablescape

Five tips for setting the table in style this holiday season

BY STEPHANIE MARRS

Once Nov. 1 hits, the debates begin in our household. And, no, I'm not talking political debates. While some think that the holiday season doesn't officially start until after Thanksgiving, I'm of the camp that once Halloween has had its day, the holidays should happily take over.

In the wild ride that has been 2020 so far, I'm thrilled to see a lot of people share my decorating philosophy – even if just for this year. That said, it's time to start thinking about a holiday spread.

I have five tips when it comes to setting a winning tablescape that will keep your guests talking, even if it's only you, your partner and the dog this year.