

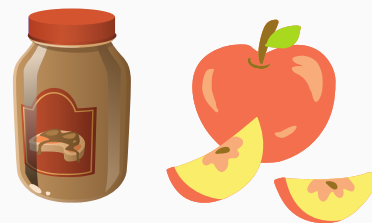
HOLIDAY NEWSLETTER

9 TIPS ON MAKING HEALTHY CHOICES

1. DON'T RESTRICT FOOD

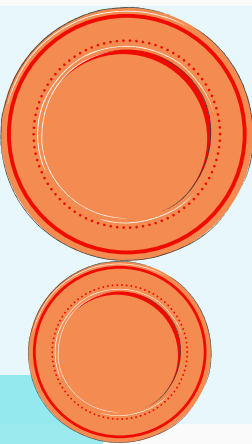
Restricting food can lead to uncontrolled feelings of hunger and could cause you to eat too fast, overeat, and not enjoy your meal. Try eating small balanced meals throughout the day with a filling snack 2 hours before the main meal. Some snack examples include:

- Vegetables and hummus
- String cheese and a fruit cup
- Apples and peanut butter
- Pretzels and peanut butter



2. USE SMALLER PLATES

Large plates can easily lead to overeating and incorrect portion sizes. Use smaller plates and fill according to your hunger level. It can take up to 20 minutes for your body to signal to your brain that you are full and to stop eating. If you are still hungry after eating and your food settling, then go back for seconds.



3. STAY HYDRATED

Drink lots of water throughout the day. Staying properly hydrated will help keep you from feeling overly hungry during mealtimes & can prevent overindulging.



4. CHEW YOUR FOOD FULLY

Try chewing your food 10 times and focus on the taste and flavors. This can help digestion and satisfaction. This is special food that you may only eat once a year, so slow down and enjoy the experience!



5. DON'T OVERSTUFF YOURSELF

Being in touch with your hunger level is very important. After eating a few bites put your fork down, take a sip of water, enjoy conversation, and check in with your hunger levels. Don't feel like you only have this one meal to eat the foods you really want during the holidays. Try enjoying the rest of the meal as leftovers the next day for lunch!



6. CONSIDER DRINK CHOICES

Figure out what is most important to you during the holidays. Is it the foods you're most looking forward to, your favorite drink, or maybe a little of both? Be mindful that empty drink calories from alcohol or soda can add up quickly. These empty calories do not provide nutrients and still leave you hungry and unsatisfied. Try setting a limit on the number of drinks you plan to enjoy, and be sure to drink lots of water.



7. MAKE YOUR PLATE A RAINBOW

Adding multiple colors to your plate from multiple different foods is the best way to get a variety of nutrients!



8. BRING SOMETHING HEALTHY

Bring a healthy appetizer that you can snack on before the big meal, or a side dish to add nutrition to your plate. This is a good way to ensure you get some nutrients in.



9. DON'T FEEL GUILTY

Food is all about socialization. Your memories are worth more than anything. Soak up the people around you and have a good time. One day of eating is not going to ruin your progress or derail your goals. Enjoy the holiday and enjoy the food!



Healthy made Simple

Smart Substitutions

For your favorite holiday meals and traditions



vs.

Choose whole wheat grains
instead of white grains



vs.

Use spices and extracts
to flavor food instead
of sugar and salt



vs.



Savor your meal instead of
rushing through to dessert



vs.



Use olive oil spread or
pureed fruits instead of
butter



vs.



Choose water or
unsweetened tea instead of
soda or alcohol



vs.



Take a walk instead of an
after dinner nap



Diabetes During the Holidays



TIME YOUR MEALS

Meals during the holidays can occur at unusual times, causing disruption in normal eating schedules. Balancing blood sugar can get complicated with these vast changes. Be sure to talk to your diabetes care provider to come up with a game plan in advance.



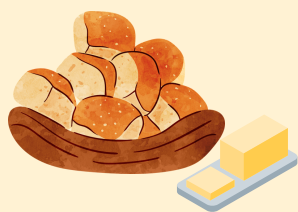
INCLUDE PHYSICAL ACTIVITY

Try to keep up with regular physical activity. This can help regulate blood sugar and digestion. Get other family and friends involved as well!



EAT SMALLER PORTIONS

Holiday foods can be very high in carbohydrates. You can still have a few bites and enjoy yourself, but be mindful of portion sizes to help manage your blood sugar. Try sampling just 2 tablespoons of each of your favorite high carbohydrate foods.



BE SELECTIVE

High carbohydrate holiday favorites include mashed potatoes, stuffing, mac & cheese, and bread rolls. Do not feel like you have to eat all of these. Focus on just a few that you want to taste.

REMEMBER YOUR VEGETABLES



Just one or two simple veggies can add color, flavor, and nutrients to your plate. Choose more non-starchy vegetables such as Brussels sprouts, asparagus, broccoli, or cauliflower. These veggies are low in calories and carbohydrates, and high in fiber!

HOLIDAY FOOD SAFETY TIPS

USE A THERMOMETER

- Undercooked meats can lead to dangerous bacteria levels and food-borne illness.
- Use a meat thermometer to ensure all meats including turkey, chicken, roast, seafood, and steaks are cooked to the correct internal temperature.

The danger zone is a range of temperatures between 40-140°F that allows bacteria to grow rapidly!

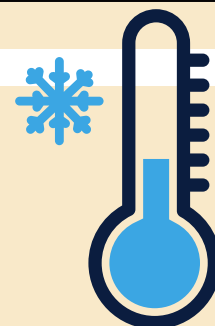
To avoid this:

- Keep hot foods hot and cold foods cold.
- Don't let food sit out longer than 2 hours.
- Check fridge temperature often to ensure it is below 40°F, and your freezer is below 0°F.

AVOID THE DANGER ZONE

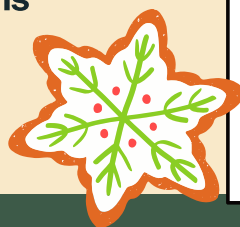
THAW TURKEY SAFELY

- Always thaw turkey and other meats in the refrigerator, under cold running water
- Never thaw turkey on the counter at room temperature!



- Uncooked dough or batter usually contains raw eggs and flour.
- It may contain E. coli or salmonella. Never taste or eat batter until it is cooked!

AVOID EATING RAW DOUGH & BATTER



WASH YOUR HANDS OFTEN

- Before, during, & after preparing food
- After using the bathroom
- Before eating
- After touching pets
- After touching your face
- After touching garbage
- Before and after caring for a sick person
- After changing a diaper





HOW TO ADD FRUITS & VEGGIES DURING THE HOLIDAYS

- **Add a fruit or veggie at breakfast to start off your day right!**
 - Cut up apples, cantaloupe, or have mixed berries as a side.
 - If you make an omelet, add spinach, mushrooms, or onions.
- **Make a sandwich or salad for lunch. Add in multiple veggies for color, flavor, and crunch!**
- **Cut up fresh fruit and veggies for super easy grab-and-go snacking!**
- **Add fruit to your dessert. Try...**
 - Berries and whipped topping or pudding
 - Frozen yogurt with fruit toppings
 - Oatmeal Apple Crumble
- **Make chili or try different combinations of vegetable soups.**



CRANBERRIES

Cranberries are high in antioxidants, including Vitamin C!

Antioxidants protect cells from many diseases like heart disease & cancer.

Cranberries contain fiber that aids in digestion.



Cranberries have an inhibitory effect on bacteria that help prevent gum disease & urinary tract infection.

Cranberries help protect your gut microbiota.



CRANBERRY SAUCE



Ingredients

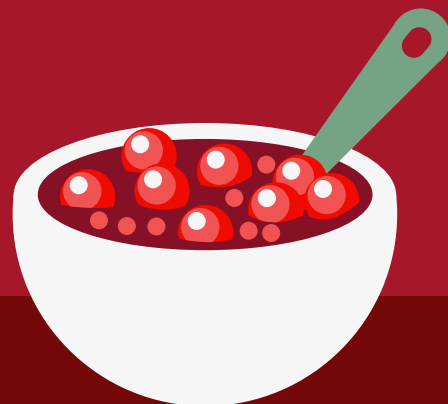
- 12 oz. bag of cranberries, frozen or fresh
- 1 cup water
- 1/3 cup of stevia, or other sugar alternative
- Juice from one orange
- 2 teaspoons orange zest
- 1/2 teaspoon salt
- 1/2 teaspoon cinnamon

Ideas

- Use this as a sauce to pair with your regular Thanksgiving meal.
- Use it to spread on breakfast foods like waffles, toast, or biscuits.
- Use it as a spread on a sandwich for lunch!

Instructions

- Add water, stevia, and orange juice to a saucepan and heat on medium until the stevia is dissolved.
- Add the cranberries and orange zest.
- Cook about 10 minutes, or until the cranberries burst.
- Add salt and cinnamon. Continue to stir until all ingredients are combined.
- Pour contents into a bowl, allow to cool.
- Once cooled, place in the refrigerator for at least 3 hours.



Recipe adapted from www.delish.com