

Trifold table tent: Fold at the three dotted lines and trim the top. Tape side edges together and place on tables.



Healthy Holiday: Mindful Eating

Picture: pixabay.com, Sabrina Ripke
(Photographer)

Be present when consuming those holiday goodies! Really take the time to enjoy those treats so you don't feel the need to reach for another. Instead of vowing to not eat any of your holiday favorites, which can lead to over-eating, enjoy what is truly your favorite like a delicious homemade slice of pie and skip the store bought cookies. Listen to what your body is telling you, when you are starting to feel full STOP. Actually, mindful eating is something that you can practice year round not just during the holidays, Start now and continue into the new year!

Helpful Tip:

Use smaller dinnerware and still get that satisfying feeling of finishing your plate without eating quite as much!

GWAAR Nutrition Team in Collaboration with UW Stout Dietetic
Students by Dana Lemke



Healthy Holiday: Festive Fruits

Picture: pixabay.com, Tesa Photography

While enjoying all of the delicious food during the holidays, don't forget to eat all the yummy fruit too! Apples can be a part of many holiday goodies and they happen to have many important health benefits! Apples are packed with antioxidants which can help fight off chronic disease. Reach for a whole apple and you will also get about 4 g of dietary fiber. Another holiday favorite is cranberries, also packed with dietary fiber and vitamin C! Cranberries even have antioxidants properties which can help to support your cardiovascular health.

Helpful Tip:

Instead of pie, try baking cored apples then stuff them with fresh cranberry relish and top with whipped cream!

GWAAR Nutrition Team in Collaboration with UW Stout Dietetic
Students by Dana Lemke



Healthy Holiday: Vegetables

Picture: pixabay.com, Lia Bolhova
(Photographer)

Don't forget to fill up on vegetables this holiday season! Enjoy some roasted sweet potatoes for a good source of vitamin C, calcium, potassium and antioxidants. The specific antioxidant in sweet potatoes is beta-carotene which helps to stop cells from being damaged! Don't skip the veggie tray either. Fill up on broccoli, celery, carrots and peppers to enjoy a colorful abundance of nutrients. All of which are sources of vitamins K and C, to help maintain bone strength and build immunity.

Helpful Tip:

Bring a vegetable tray to pass at your holiday meal filled with exciting vegetables for others to try, some options are jicama, asparagus and radicchio!

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Healthy Holiday: The Spices

The holidays are full of delicious foods created with signature holiday spices. One of these spices includes allspice. This spice is often used in classic holiday dishes like pecan pie and apple cider. In addition to the incredible flavor allspice adds; it also has antioxidant compounds that have demonstrated antitumor properties. One of my favorite holiday spices is cinnamon. While it has many antioxidant and antimicrobial properties; cinnamon is widely known for its ability to lower blood sugar. Another essential holiday spice is ginger. Ginger is well known for its ability to decrease nausea and motion sickness. I hope you enjoy all the delicious flavors of the holidays!

Helpful Tip:

Try ginger gummies to treat motion sickness on your holiday travels

Weekly Challenge:

Try a new holiday spice!

GWAAR Nutrition Team in Collaboration with UW Stout Dietetic Students by Emily Preston



Healthy Holiday: The Leftovers

If your family is like mine; you will have a plethora of leftovers after the holidays are over. Sometimes it can seem overwhelming to use them all up. Two popular options are to freeze as holiday meals or give it away to guest as they leave. Another option, that may help change up the regular routine of holiday leftovers, is to turn the parts of the meal into new recipes. Some ideas include using turkey for sandwiches, wraps, or soup. Potatoes can also be used in a variety of ways including casseroles and potatoes patties. In addition, left over veggies can be used in new combinations with turkey and potatoes to create new meals. I hope you enjoy all your holiday leftovers!

Helpful Tip:

Make sure to properly store leftovers to ensure food safety!

Weekly Challenge:

Create a new recipe with your holiday leftovers!

GWAAR Nutrition Team in Collaboration with UW Stout Dietetic Students by Emily Preston



Healthy Holiday: Tips for Health

There are many things you can do to ensure your overall health is maintained this holiday season. It is incredibly important to stay hydrated throughout the winter months. You can make sure to keep hydrated while traveling by packing a water bottle in your purse or bag when traveling. During the snowy winter months it may also seem difficult to keep active. If the sidewalk are snowy and icy a better option might be to take a trip to your local indoor shopping mall with a friend. Also make sure to tell your family members about any dietary restrictions so they can help accommodate to your needs. Lastly, remember to take time to rest after traveling and enjoy time with your family members. It is important to slow down and take time for yourself. Happy Holidays!

Helpful Tip:

Remember to wash your hands frequently to stop the spread of germs!

Weekly Challenge:

Enjoy the Holiday Season!

GWAAR Nutrition Team in Collaboration with UW Stout Dietetic Students by Emily Preston

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