



EAT WELL, AGE WELL. HEALTHY HOLIDAYS

HOW CAN YOU STAY HEALTHY DURING THE HOLIDAYS?

The holidays always pose a challenging time for us all to maintain our healthy eating. With countless desserts, holiday meals & drinks, and family gatherings, it becomes substantially harder to eat healthy. While it is important to always watch what you are eating, it is also not going to break the scale if you enjoy some of your favorite desserts. One saying that is helpful during the holiday season is that, "One meal won't make you perfectly healthy, while one meal is not going to make you unhealthy." Healthy eating is characterized by balance, so don't hesitate to enjoy your favorite dessert. Some helpful tips to maintain your weight during the holiday season is to avoid eating one large meal, position yourself away from the buffet table at family gatherings, bring a healthy dish to pass to your holiday event, and monitor liquid calories consumed at holiday parties. Another helpful tip is to watch portion sizes of the various menu items you eat at your holiday celebrations. Overall, it is important to keeping a mindful watch on what you are eating during the holidays, while still enjoying your favorite dishes!

WEEKLY CHALLENGES

BRING A HEALTHY DISH TO PASS TO YOUR FAMILY GATHERINGS

AVOID EATING ONLY ONE LARGE MEAL PER DAY

MONITOR LIQUID CALORIES

WATCH PORTION SIZES

DID YOU KNOW?

By the end of the winter holiday season, Americans are about 1.3 pounds heavier than their thinnest point in the year!

Note to Nutrition Directors and Site Managers:

Thank you for helping to promote Eat Well, Age Well. Please encourage folks to form weekly action plans to help them incorporate brain foods into their eating habits. You can help create excitement to try new foods. These foods will help decrease the rate of cognitive decline and increase brain function.

If they ask how they should record if they reach their weekly action plan. They can write words like, "Nailed it" or just a short note like, added tomato juice at breakfast or added kale to my salad, etc. on the *Monthly Tracking Calendar*.

Week 1: Give out/Post

- The 1- page overview handout *Healthy Holidays*
- Placemat/handout- *Gluten Free Hazelnut Brownies*
- Table Tent- *Mindful Eating, Festive Fruits & Veggies*
- Monthly Tracking Calendar

Week 2: Give out/Post

- Placemat/handouts- *Gluten Free White Chocolate Peppermint Cookies*
- Table Tent- *The Spices, Leftovers, Tips for Health*

Week 3: Give out/Post

- Placemat/handouts- *Green Bean Casserole*

Week 4: Give out/Post

- Placemat/handout- *Vegetable Wreath and Dip*

To print the placemats on legal size paper, just hit print, they should be set up for that size of paper. To make them into a handout, go to Print and then go down to the last item that should say, 1 page per sheet, and click on the drop-down menu to select "Scale to Paper Size" and select "letter" size paper.

The table tents are available in full size version that you can post on a bulletin board, give as a handout or place in a full size table tent holder or print the 4 x 6-inch version and place in 4 x 6 or 5 x 7-inch holder.

I appreciate your input and feedback so please feel free to call me at 608-228-8095 or email me with any comments pam.vankampen@gwaar.org