



Photos courtesy of Pixabay.com

EAT WELL, AGE WELL.

Healthy Holiday Eating

Eating healthy around the holidays can be difficult when there are always an abundance of comfort foods and sweet treats.

Here are a few tips to eating healthy during the holidays:

- Start by eating vegetables as those fill you up faster.
- Eat slowly. It takes at least 20 minutes for your brain to realize you are full.
- Do not stand next to the food table when you are not eating. You are more likely to eat the food when it is in front of you.
- Do not skip any meals before the feast. If you skip meals prior, you are more likely to overindulge.
- Do not forget to get your physical activity in.
- Do not feel guilty if you have your favorite sweet.

Naturally Sweetened Cranberry Sauce

What you need: 1 bag (12 oz) of fresh cranberries, ½ cup honey or maple syrup, ½ cup water, zest of 1 orange.

Instructions: Rinse the cranberries. In a medium saucepan, combine the cranberries, honey, and water. Bring the mixture to a boil over medium-high heat, then reduce heat to medium-low and cook. Stir occasionally until the mixture has thickened to your liking. Remove the pot from heat and stir in the orange zest.

WEEKLY CHALLENGES

BRING ONE HEALTHY
OPTION TO A HOLIDAY
GATHERING

TRY GOING FOR A WALK
IN BETWEEN DINNER
AND DESSERT

HAVE A SMALL PLATE
OF YOUR FAVORITE
“UNHEALTHY” FOOD
OPTIONS

DID YOU KNOW?
1.76 billion candy
canes are made
during the holiday
season.

<https://cookieandkate.com/naturally-sweetened-cranberry-sauce-recipe/>

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 healthy foods into their eating habits. You can help create excitement to try new foods. These foods will help curb your appetite during feasting days and help you feel energized.

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 apples at breakfast or added beans to my soup, etc. on the *Monthly Tracking Calendar*.

Week 1: Give out/Post

- The 1- page overview handout Eat Well, Age Well. *Healthy Holiday Eating*.
- Placemat/handout – *Maple Roasted Sweet Potatoes*
- Table Tent- *Healthy Holiday Tips*
- *Monthly Tracking Calendar*

Week 2: Give out/Post

- Placemat/handouts – *Healthy Apple Crisp*
- Table Tent- *Rainbow Plate and Healthy Drink Tips*

Week 3: Give out/Post

- Placemat/handouts – *Roasted Turkey and Vegetables*
- Table Tent- *Healthy Baking and other Tips*

Week 4: Give out/Post

- Placemat/handout- *Peppermint Nice Cream*
- Table Tent- *Food Safety and Stress Management*

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 a 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 a 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 at pam.vankampen@gwaar.org