

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



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## Healthy for the Holidays

It can be difficult to eat healthy around the holidays when we have so many delicious foods around us. There are ways to be healthy around the holidays and still enjoy them. One helpful tip is to start your plate off with vegetables. This can help curb your appetite and add in necessary nutrients.



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### **Weekly Challenge:**

Try starting your holiday meal plate with vegetables or fruits.

GWAAR Nutrition Team in Collaboration with UW Stout Dietetic Students by Christel Weltzin 12-2021



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## Healthy for the Holidays

Staying healthy for the holidays can be made easier by taking small portions of your favorite dishes. By taking this small step, you can remain healthier and eat less. You can still get full and eat everything you want.



Photo Courtesy of Pexels.com

### **Weekly Challenge:**

Try enjoying your favorite foods and avoiding other foods you can have at other times.



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## Healthy for the Holidays

The holidays can be a busy and hectic time. A good way to remain healthy during this time is to try to stick with your normal schedule. T

This could be done by eating at your normal meal times (instead of waiting all day) and doing normal exercise. Keeping your normal schedule can help make this a less chaotic time as well.



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### **Weekly Challenge:**

Try eating at your normal meal time throughout the day.

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## Healthy around the Holidays

During the holidays many people wait to eat all day to save their calories for the big dinner later. Doing this will more likely cause you to eat more overall. Another way to not overeat is to choose your favorites that you only get to have during the holidays.

The most important thing is that holidays are centered around family, friends, and having fun so there is no room to feel guilty if you do happen to splurge.



Photo courtesy of Pixabay.com

## Colors on your plate

A range of colors on your plate for holiday meals is the first step. The goal is to have your plate look like a rainbow instead of all brown and white. Some of the brown/white colors on your plate could include chicken, turkey or fish. Some recipes that could add some color to your plate include; green beans, honey-glazed carrots, and cranberry sauce.



### Holiday Challenge

During holiday meals challenge yourself to create a rainbow plate



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## Drinks Count Too

When drinking alcohol it is wise to not drink on an empty stomach because it increases your appetite and diminishes your ability to control what you choose to eat.



Drinking a glass of water between each alcoholic drink will keep you hydrated and also curb your appetite.

To prevent your calories from adding up quickly save the indulgent drinks, such as eggnog, for a dessert.



Photo courtesy of Pixabay.com

Fold then tape this edge to other edge of tri-fold to make a triangle table top tent.

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## Healthy Holiday Meals: Tips

Prepare whole-grain crackers with hummus as an appetizer.

You could add unsalted nuts and black beans to a green-leaf salad.

You can include fresh fruit at the dessert table. Substitute low-fat milk instead of heavy cream in your casseroles.

Create delicious new meals with your leftovers. Add turkey to soups or salads.

Use extra vegetables in omelets, sandwiches, or stews.

### **Weekly Challenge:**

Try to include more lean proteins than fatty proteins.



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## Healthy Holiday Meals: Drinks

### **Cheers to good health!**

- Drink water with lemon or lime slices in-between alcoholic drinks.
- Offer seltzer water with a splash of 100% fruit juice.
- Laugh, mingle, dance, and play games. Focus on fun and enjoy the company of others.

### **Weekly Challenge:**

Give food and drink to a local food bank or volunteer.



Photo courtesy of Bing.com

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## Healthy Holiday Meals: Baking

Try to use recipes with unsweetened applesauce or mashed ripe bananas instead of butter. Try cutting the amount of sugar listed in recipes by using healthy replacements.

Use spices to add flavor such as cinnamon, allspice, or nutmeg instead of salt. Invite your guests to make their own parfait with colorful sliced fruit and low-fat yogurt.

### **Weekly Challenge:**

Try replacing your favorite dessert with a healthier option.



Photo courtesy of Bing.com

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## Happy Healthy Holidays

**Stress management:** The holidays are filled with fun activities and family time. However, holidays can also be stressful! Cleaning, finding the perfect gift, and seeing family can all contribute to holiday stress. Managing stress looks different for everyone so try out a couple different things and find what helps you keep stress at bay.



### Weekly Challenge

Exercise this week to help relieve holiday stress!

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## Happy Healthy Holidays

**Make healthy food choices:** Indulging a bit during holidays is okay and totally normal! However, don't neglect your health completely.

Make sure to include fruits and vegetables at meal time alongside your favorite foods. Checking in with yourself for hunger or fullness cues at mealtimes can also help prevent overeating. It can also be fun to find a new recipe for roasted vegetables to share with company during the holidays!



*Photo courtesy of Pixabay.com*

### Weekly Challenge

Try a new recipe with vegetables this week!

GWAAR Nutrition Team in Collaboration with UW Stout Dietetic Students by Erica McMillan 12-2021

## Happy Healthy Holidays

**Follow food safety protocol:** There are a lot of things on peoples mind during the holidays but don't forget about food safety!

Unsafe temperatures in food invite microbial growth that can cause foodborne illness such as salmonella. Be sure to properly store leftovers and take the temperature of meat and other side dishes before serving.

If food is left out or forgotten about, be safe and throw it away.

### More Food Safety

Tips at  
[https://  
www.fightbac.org/](https://www.fightbac.org/)



*Photos courtesy of pixabay.com*

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