



Photo Courtesy of pixabay.com

EAT WELL, CARE WELL. **HEALTHY EATING DURING THE HOLIDAYS**

Eating healthy is tough around the holidays when there always cookies, pie, and many other goodies available. It may be tough, but it is not impossible to accomplish. Here are some quick, helpful tips to eating healthy snacks, meals, desserts around the holidays.

Tips:

- **Do not skip meals** to save up for a big meal. Skipping meals ultimately will make you hungrier, so you are more likely to overeat.
- **Eat slowly.** It takes up to 20 minutes for the brain to register that you are full. Eat slower so you do not overeat.
- **Make a small plate** of the foods you love the most, for example cookies or pie.
- **Get a full 7-8 hours of sleep.** If you are sleep deprived, you are more likely to eat more and tend to eat foods high in fat & sugar.
- **Do not forget to be active.** Exercising 30-60 minutes can go a long way during the holiday season.
- **Avoid or limit alcohol.**
- **Start by eating vegetables** as those will fill you up sooner than fatty foods.

Source: <https://www.cdc.gov/diabetes/library/features/holidays-healthy-eating.html>

WEEKLY CHALLENGES

**EAT BEFORE A
LARGE HOLIDAY
MEAL**

**TRY TO GET 7-8
HOURS OF SLEEP**

**BE ACTIVE FOR AT
LEAST 30 MINUTES**

**TRY ONE OF THE
RECIPES BELOW**

DID YOU KNOW?

**AN AVERAGE
AMERICAN CHRISTMAS
DINNER CONTAINS
OVER 7,000 CALORIES!**

Ingredients

- 1 1-inch piece ginger, peeled and thinly slices
- 1 vanilla bean, split lengthwise and seeds scraped out
- 1 lemon
- 5 large navel or blood oranges
- 2 mangoes, peeled and diced
- 2 firm bananas, peeled and diced
- 5 kiwis, peeled and diced
- 12 slices of mandarin oranges
- 1 cup pomegranate seeds
- ½ cup sugar

Instructions

1. Combine the sugar, 2 cups of water, ginger, and vanilla in a saucepan. Bring to a boil over medium-high heat. Reduce the heat and simmer for 5 minutes. Refrigerate until cold and serve.

Source: <https://www.foodnetwork.com/recipes/food-network-kitchen/winter-fruit-salad-recipe-1973035>

Ingredients

- 1 ¼ pounds brussels sprouts, trimmed and halved
- 2 tablespoons olive oil
- Kosher salt and freshly ground pepper or salt-free blend of your choice
- Pomegranate juice and sugar mixed together for pomegranate molasses
- Seeds from 1 pomegranate
- ½ cup coarsely chopped toasted hazelnuts
- Finely grated zest of 1 lime
- 1 tablespoon finely grated orange zest

Instructions

1. Preheat oven to 375 degrees Fahrenheit.

2. Put the brussels sprouts in a medium roasting pan, toss with olive oil, and season with salt and pepper. Roast until light golden brown and is soft on the inside (about 45 minutes).

3. Transfer the sprouts to a large bowl and add the pomegranate molasses, pomegranate seeds, hazelnuts, and lime and orange zests. Season as needed.

Source: <https://www.foodnetwork.com/recipes/bobby-flay/roasted-brussels-sprouts-with-pomegranate-and-hazelnuts-recipe-1973768>