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## EAT WELL, CARE WELL. HEALTHY HOLIDAY TIPS

**Avoid Skipping Meals:** Many individuals may skip a meal with intentions to “save calories” during the day. However, it is likely an individual will become ravenously hungry from skipping a meal, which could lead to overeating and uncomfortable fullness. It is recommended to consume consistent snacks and meals throughout the day.

**Create a Colorful Plate when Feasible:** When possible, aim to fill half of the plate with fruits and vegetables to add fiber, vitamins, and minerals to your meal.

**Challenge the Food Police:** Eat the foods that you enjoy; thus, do not allow comments from others to negatively impact your food choices. Do not feel guilty for choices that you make – remember that the holiday season should be a time spent with family and friends rather than criticizing food choices.

### **Eat until satisfied rather than stuffed:**

Kindly say “no” to individuals who try to push you past your physical hunger comfort level. Eat slowly and check your fullness levels when eating to avoid feeling uncomfortably full.

Source: <https://newsnetwork.mayoclinic.org/discussion/10-healthy-holiday-nutrition-tips/>

GWAAR Nutrition Team in Collaboration with UW Stout Dietetic Students by Katelyn Kruger 12-2021

## WEEKLY CHALLENGES:

ENJOY YOUR  
HOLIDAY WITHOUT  
GUILT

TRY ONE OF THE  
RECIPE IDEAS  
BELOW

EAT CONSISTENT  
MEALS AND SNACKS  
THROUGHOUT THE  
DAY

PARTAKE IN  
EXERCISE OR  
PHYSICAL ACTIVITY  
3X'S OR MORE THIS  
WEEK

## FUN FACT

ANIMAL CRACKERS WERE  
FIRST INTRODUCED  
AROUND CHRISTMASTIME  
IN 1902. THE STRING ON  
THE BOX WAS ORIGINALLY  
INTENDED TO BE USED TO  
HANG THE BOXES ON  
CHRISTMAS TREES.

# QUICK AND HEALTHY HOLIDAY RECIPES



## 20-MINUTE CAULIFLOWER SOUP

- 1 tbsp. unsalted butter
- 1 tbsp. extra virgin olive oil
- 1 medium onion, chopped
- 1 leek (white and light green parts), chopped
- 2 Garlic cloves, finely chopped
- 1 small head cauliflower, cored and sliced
- 4 c. lower-sodium chicken broth
- 1/2 c. heavy cream
- Cracked pepper, for serving

### Chive Oil

- 1 bunch chives
- 1/2 c. canola or grapeseed oil

### DIRECTIONS

Heat butter and oil in large pot on medium. Add onion, leek, and 1/2 teaspoon salt and cook, covered, stirring occasionally, until tender (but not brown), 10-12 minutes.

Stir in garlic and cook 1 minute. Add cauliflower, broth and cream and simmer until cauliflower is tender, 15 to 18 minutes.

Using handheld blender (or standard blender, in batches), puree until smooth.

**Make Chive Oil:** In blender, puree chives and 1/2 cup canola or grapeseed oil until smooth. Transfer to small saucepan and cook on medium until mixture begins to simmer, about 3 minutes. Pour through a coffee filter set over a measuring cup.

Serve drizzled with Chive Oil and cracked pepper, if desired.

Recipe from: <https://www.goodhousekeeping.com/food-recipes/easy/a46630/20-minute-cauliflower-soup-recipe/>

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## PUMPKIN PIE FILING

- 1 can (15 oz) pumpkin puree
- 1 (13.5 oz) can full-fat coconut milk
- 1/4 c. rolled oats or 3 tbsp. flour of choice
- 2 tbsp. ground flax
- 1/3 c. coconut sugar or brown sugar
- 2 tbsp. sweetener of choice
- 2 tsp. cinnamon
- 1 tsp. pumpkin pie spice
- 1/2 tsp. salt
- 1 tbsp. pure vanilla extract

### DIRECTIONS

- Preheat oven to 400F and blend all ingredients together until smooth

- Pour into a prepared pie crust (homemade or purchased) in a 10" round pan

- Bake for 27 minutes, let cool, and refrigerate at least 5 hours for the pie to "set"

Recipe from: <https://chocolatecoveredkatie.com/healthy-pumpkin-pie-recipe/>

