



10 Holiday Health Tips and Recipes

1. **Reflect and Enjoy**

Take some time to reflect on all that you have and all that you are able to give to family, friends, colleagues and patients. Savor your holiday moments and enjoy your day.

2. **Move**

Exercise and movement help to burn calories, improve blood sugar levels, increase energy, and boost your mood. Aim to get in at least 30 minutes of activity per day.

3. **Don't Skip Meals**

Skipping meals may set you up for unplanned overeating or eating foods you prefer to avoid. Eat regular meals and plan to have a small snack before your celebration to help curb extreme hunger so you are better able to make healthy food choices.

4. **Go Light on Appetizers**

Without realizing it, appetizers can easily add calories and fat to your meal before you even sit down for dinner. Avoid cream-based dips and cheese platters as well as fried foods. Instead, focus on vegetable crudité, hummus, or other vegetable-based appetizers that are healthy and delicious without adding unwanted calories.

5. **One Plate Rule**

A simple way to practice portion control is to choose seasonal treats carefully and to have just one plate of food you enjoy.

6. **Eat Vegetables**

Enjoy non-starchy vegetables, such as salad, string beans, and roasted vegetables for volume, fiber, vitamins, and minerals. Filling at least half of your plate with non-starchy vegetables, gives you room to add some other rich dishes without overindulging.

7. **Listen to Your Body**

Eat slowly so that you can recognize when you are satisfied. Once you start to feel a bit full, put down your fork. You can save the rest for leftovers to enjoy later, making a choice that you will feel better and happy with.

8. **Keep Dessert to a Few Bites**

Desserts can tack on lots of calories, fat, and sugar. You can enjoy your favorite treats by taking just few bites to savor them without adding too many unwanted calories.

9. **Drink Wisely**

Sweet cocktails and beverages such as juice and soda are high in calories and sugar that can raise your body's blood sugar levels. Instead, choose beverages such as seltzer, water, or unsweetened iced tea. When having alcohol, choose wine, champagne, and when possible, mix the alcohol with club soda.

10. **Bring Your Own Side Dish (BYOSD)**

Before heading out to holiday party or dinner, why not bring your own side dish so you have healthy options that you prefer. Try one of these simple healthy holiday recipes, provided below.

Healthy Holiday Side Dishes

String Beans with Silvered Almonds

From Taste of Home: <http://www.tasteofhome.com/recipes/garlic-almond-green-beans>

Ingredients

1 lb fresh green beans, washed and trimmed
2 garlic cloves, minced
1 tbs olive oil
1/4 c slivered almonds, toasted
Pepper to taste

Directions

Place the beans in a large saucepan and cover with water. Bring to a boil, cook, uncovered for 8-10 minutes or until crisp-tender. Drain beans.

Meanwhile, in a large skillet, cook garlic in oil for 1 minute to release the flavor without browning.

Add the drained cooked beans, almonds, and pepper to the skillet with the garlic, and toss to coat.

Makes 4 servings

Nutrition information per 1 cup: 102 calories, 7 g fat, 1 g saturated fat, 0 cholesterol, 6 mg sodium, 9 g carbohydrate, 4 g fiber, 3 g protein

Green Salad with Mustard Vinaigrette

Ingredients

8 c salad greens of your choice, Boston or Bibb with some endive, radicchio, or frisée lettuce

For the dressing:

4 tbs vinegar, 3 tbs white balsamic and 1 tbs red balsamic
1/2 tsp salt
2 tsp Dijon mustard
1/2 c extra virgin olive oil
Freshly ground black pepper, to taste

Directions

Wash the greens well, spin dry, and chill.

Into a shallow bowl, pour the vinegar and whisk in the salt, pepper, and mustard until smooth. Slowly whisk in the olive oil a little at a time, allowing it to emulsify before adding more.

Into a large bowl, place the lettuce greens. Toss with the dressing, to taste, just before serving.

**Optional: To make this into a mustard-shallot vinaigrette, double the mustard, add 1 teaspoon of finely minced shallot to the mustard-vinegar mixture, using only the white balsamic vinegar.*

**Health tip: The extra virgin olive oil in this dish is a great source of monounsaturated fat. Monounsaturated fat helps to improve cholesterol levels and reduce inflammation.*

Makes 4 servings

Nutrition information per serving: 230 calories, 8 g fat, 0 g saturated fat, 4 g carbohydrate, 5 g fiber, 0 g protein, 0mg cholesterol, 200mg sodium

Roasted Herb Brussels Sprouts

From Food Network: <http://www.foodnetwork.com/recipes/ina-garten/roasted-brussels-sprouts-recipe2.html>

Ingredients

1 1/2 lbs Brussels sprouts
3 tbs olive oil
3/4 tsp kosher salt
1/2 tsp black pepper

Directions

Preheat the oven to 400 degrees F.

Cut off the brown ends of Brussels sprouts and pull off any yellow outer leaves. Place in a bowl with the olive oil, salt and pepper. Pour them on a sheet pan and roast for 35-40 minutes in the pre-heated oven. Cook until crisp on the outside and tender on the inside. Shake the pan from time to time to brown the sprouts evenly.

Finish with a sprinkle of kosher salt.

Makes 6 servings

Nutrition information per serving: 109 calories, 7 g fat, 1 g saturated fat, 4 g protein, 10 g carbohydrate, 2 g sugar, 4 g fiber, 0 mg cholesterol, 289 mg sodium

Butternut Squash Soup

Adapted from Food Network: <http://www.foodnetwork.com/recipes/food-network-kitchen/butternut-squash-soup>

Ingredients

1 butternut squash (2-3 lbs), peeled and seeded
2 tbs extra virgin olive oil
1 medium onion, chopped
6 c low sodium chicken stock
Nutmeg to taste
Salt and freshly ground black pepper, to taste

Directions

Cut the squash into 1-inch chunks and set aside.

To a large pot, add the olive oil and onion. Cook until translucent, about 8 minutes. Add the butternut squash and low sodium chicken stock. Bring to a simmer and cook until squash is tender, about 15 to 20 minutes. Remove squash chunks with slotted spoon. Puree the cooked vegetables with a blender or an emulsion blender. Return blended squash to the pot to heat through. Stir and season with nutmeg, salt, and pepper. Serve hot in bowls.

***Health tip:** Our recipe uses low sodium chicken broth to lower the sodium levels from over 1,000 mg in the original recipe to 200 mg.

Makes 6 servings

Nutrition Information per serving: 125 Calories; 5 g fat, 2.5 g saturated fat, 19 g carbohydrate, 3.5 g fiber, 3 g protein, 10 mg cholesterol, 200 mg sodium