



## 7 Ways to Have a Healthy Holiday Season

**Take steps to keep you and your loved ones safe and healthy.** Brighten the holidays by making your health and safety a priority. Take steps to keep you and your loved ones safe and healthy—and ready to enjoy the holidays.

1.

**It's flu season.** Wash your hands often to help prevent the spread of germs. Use soap and water for at least 20 seconds.

2.

**Get your vaccinations.** Vaccinations help prevent diseases and save lives. Everyone six months and older should get a flu vaccine each year.

3.

**Take a breather.** Make some time for yourself. Spending just 15 minutes alone, without distractions, may refresh you enough to handle everything you need to do. Find something that reduces stress by clearing your mind, slowing your breathing and restoring inner calm.

4.

**Season strategically.** Flavors such as cinnamon, cloves, ginger, and nutmeg capture the essence of the season without adding many calories. Replace salt with savory basil, garlic, rosemary, sage, tarragon, thyme, or turmeric in casseroles, stuffings, and dressings.

5.

**Eat healthy, stay active.** Eat fruits and vegetables, which pack nutrients and help lower the risk for certain diseases. Limit your portion sizes and foods high in fat, salt, and sugar. Also, try to be physically active for 30 minutes per day, most days of the week.

6.

**Help others.** Depression and suicide increase during the holidays. Watch for signs of depression among your friends and family. Take an active role to support those in need. Invite those colleagues or friends who are alone over the holidays to spend them with you. Volunteer and give to those less fortunate.

7.

**Remember: life isn't perfect.** Stay calm, and enjoy your family, friends, and all the festivities.

(Source: cdc.gov)

# Stay Mindful with 4 Tips for Holiday Eating

The holidays are a time to enjoy friends, family and food, but contrary to popular belief, you can have all three without putting on the extra pounds! On average, Americans gain approximately one to two pounds during the holiday season. While this weight gain isn't dramatic, research shows it tends to stick and accumulate over the years. Luckily, those pounds can be avoided through mindful eating in moderation and a few simple strategies.

In preparation for a big holiday party or feast, don't skip meals throughout the day, as this may result in overeating. It is especially important to have breakfast, as research shows that those who eat this important morning meal tend to consume fewer calories throughout the day. Include lots of fiber in your diet by eating fruits, vegetables and whole grains. Fiber-rich foods are high in volume and will satisfy hunger, but are lower in calories.

Holiday meals tend to be large, buffet-style and include second and third helpings; a common mistake is eating large portions of foods that are perceived as healthy. It's important to include nutrient-rich foods in your diet, but also remember that these foods have calories as well and should be eaten in moderation. Using this approach at the holiday dinner table will allow you to maintain a healthful eating plan—one that can also include dessert.

There are many strategies to help you avoid overeating. Using a smaller plate, for instance, allows you to put less food on your plate and encourages proper portion sizes. Also, start by filling your plate with vegetables and salad before going to the entrees and desserts. Eating a salad before your meal can help you eat fewer calories overall. Eat slowly and savor every bite, and before you go back for seconds, wait 10 minutes to see if you really are still hungry.



(Source: eatright.org)

**SAVE THE DATE FOR OUR WEBINAR!**

**Join us on Thursday, November 16.  
The topic is "Healthy Holidays."**

## RECIPE: CREAMY ROOT VEGGIES WITH CHIVES

### Directions

- 2 pounds celery root, (celeriac), peeled (see Tip) and cut into 1-inch pieces
- 1 pound rutabaga, peeled (see Tip) and cut into 1-inch pieces
- 1 pound Yukon Gold potatoes, peeled and cut into 1-inch pieces
- 5 cloves garlic, peeled
- 4 tablespoons unsalted butter, divided
- $\frac{3}{4}$  cup nonfat buttermilk, (see Tip)
- $\frac{1}{2}$  teaspoon salt
- $\frac{1}{4}$  teaspoon freshly ground pepper
- $\frac{1}{4}$  teaspoon ground nutmeg
- $\frac{1}{3}$  cup snipped fresh chives

### Ingredients

1. Bring 1 inch of water to a simmer in a large pan or Dutch oven. Place celery root, rutabaga and potatoes in a large steamer basket over the water, cover and steam over medium-low heat for 20 minutes. Add garlic and continue steaming—checking the water level and replenishing as necessary—until the vegetables are fall-apart tender, 20 minutes more.

2. Remove the vegetables, drain the cooking liquid and return the vegetables to the pan. Add 2 tablespoons butter and mash until chunky-smooth. Gradually stir in buttermilk, salt, pepper and nutmeg. Just before serving, stir in the remaining 2 tablespoons butter and chives.

Tips: to peel celery root and rutabaga, cut off one end to create a flat surface to keep it steady. Cut off the skin with your knife, following the contour of the root. Or, use a vegetable peeler and peel around the root at least three times to ensure all the fibrous skin has been removed.

No buttermilk? You can use buttermilk powder prepared according to package directions. Or make "sour milk": mix 1 tablespoon lemon juice or vinegar to 1 cup milk.

### NUTRITION FACTS

Serving size:  $\frac{3}{4}$  cup | Calories per serving: 175; 6 g fat (4 g sat); 4 g fiber; 27 g carbohydrates; 4 g protein; 16 mg cholesterol; 5 g sugars; 81 mg calcium; 286 mg sodium; 819 mg potassium