

HAPPY HOLIDAYS!

FIVE STRATEGIES TO HEALTHY HOLIDAY EATING

1. Eat the best-for-you offerings first!

Fill your plate or bowl with foods with high water content like non-starchy vegetables, non-fat milk or broth based soups. This can help you feel full and avoid overeating.



2. Stand *more* than an arm's length away from munchies.

Don't stand near the table of food so that you're not tempted to eat while you're catching up with friends.



3. Carefully choose the one special dessert you will have.

Decide before you go to the party which dessert you might indulge in. This will give you a strategy to help you resist the temptation to overeat.



4. Use smaller plates.

Use a salad or dessert plate. Studies have shown that you serve yourself more and eat more when using a large plate or bowl. Also using a smaller serving spoon helps control portions as well.



5. Drink water.

Water has zero calories and can help keep you satiated and hydrated throughout the winter months. However, if you want a special beverage try a club soda or seltzer water with lemon.



Healthy Recipes

Sweet Creamy Cinnamon Dip

- 1 (6oz) container nonfat Greek yogurt
- ¼ tsp vanilla extract
- ¼ tsp ground cinnamon, or to taste
- Stevia powder, to taste (or your favorite sweetener)
- 1 apple, freshly sliced (optional, for dipping)

Combine and stir yogurt, vanilla, cinnamon and stevia together in a small bowl. Either chill or serve immediately. Use apple slices to dip (or other fresh fruits, pita or bagel chips, etc.).

Nutrition Facts: 103 calories, 0g fat, 201 mg calcium, 18g protein



Spicy Hummus

- 15 ounces canned garbanzo beans, drained
- 15 ounces canned garbanzo beans, with liquid
- 6 teaspoons hot sauce
- 2 tablespoons (30 ml) lemon juice
- 1 raw garlic clove, peeled
- 1 teaspoon salt (or to taste)

Place all ingredients into the Vitamix container in the order listed and secure lid. Select Variable 1. Turn machine on and slowly increase speed to Variable 10, then to High. Blend for 1 minute or until smooth, using the tamper to push the ingredients into the blades.

Nutrition Facts: 1055 Calories, 2g Fat, 3447mg sodium, 56g protein, 50g fiber

