



## **How To Eat Your Way Through The Holiday Season The Healthy Way**

The Holidays always mean being faced with lots our favorite meals, cookies and rich desserts. Unfortunately, that often means we put on a few extra pounds and this year, those pounds could come on top of the “Stay at Home” pounds. We all know what it’s like to be too close to the refrigerator and the snack cupboard.

Here are 10 **EASY** ways we can create healthier meals while enjoying **ALL** the food groups:

- + Add whole grain crackers.**
- + Add nuts and beans to green-leaf salads.**
- + Add fresh fruits for desserts.**
- + Use low-fat dairy products.**
- + Eat lean protein like turkey, roast beef or fresh ham.**
- + Trim the fat and bake or broil. Go easy on the sauces.**
- + Drink low calorie drinks like water with lemon slices or seltzer with a splash of fruit juice.**
- + Bake Healthier. Use recipes with unsweetened applesauce or mashed ripe bananas instead of butter.**
- + Reduce the amount of sugar and use spices such as cinnamon, allspice or nutmeg to add flavor.**
- + Tweak the Sweets. For dessert, try baked apples with cinnamon and a sprinkle of sugar instead of apple pie. You can make your own parfait table with colorful sliced fruit and low-fat yogurt!**

**COVID-19 HAS CHANGED THE WAY WE CELEBRATE HOLIDAYS AS FAMILIES AND FRIENDS, BUT WE CAN STILL CELEBRATE WITHOUT HAVING TO GO ON A DIET JANUARY 1<sup>ST</sup> IN EVERY NEW YEAR!**

**Take some time every day to do a few exercises. Sitting still doesn't help anything – stay active. Take a brisk walk even if it is around your home. Make some exercise a part of your day – every day.**

**Be creative about using leftovers. Enjoy them a second time around by creating delicious new meals. Try adding turkey to soups or salads. Use the extra veggies in omelets, sandwiches or stews. Creating meals can be fun with all the possibilities.**

**Give to Others. - If you can, spend some time providing foods or preparing meals for those who may need a little help. You can give to a local food bank or shelter. There are many people this year who could use the assistance.**

**HINT: Create Myplate makeovers. Makeover your favorite holiday dishes using [choosemyplate.gov](https://www.choosemyplate.gov). ([click here](#)) There's even a section on eating during the coronavirus ([click here](#))**

**WISHING YOU VERY HAPPY AND HEALTHY HOLIDAYS!**



**Viviana Bonilla  
Clinical Nutritionist  
The Joseph P. Addabbo Family Health Center  
[www.addabbo.org](http://www.addabbo.org)**