

December 2015



## Healthy Holiday Tips

It can be tough to stay in shape during the holidays. There is so much temptation this time of year. If you plan well you can still enjoy the holidays without the post holiday regret. Here are some tips for maintaining your health this Christmas:

1. Start your Holiday morning with a normal breakfast so you are not more likely to overeat during the day's main meal.
2. Fill up on low calorie, nutrient dense foods like fruits, vegetables, whole grain and lean cuts of meat. So that you are less tempted to overdo it the less nutrient dense holiday treats.
3. Use plates for everything you eat to avoid constant picking. You will be able to enjoy and still eat less.
4. Take your time eating and enjoy every mouth. Keep yourself aware of your consumption.
5. Beware of liquid calories like those in eggnog and alcoholic drinks. These can add up very quickly.
6. Beware of mid-cooking nibbling. Those nibbles can add up! Wait until the meal is prepared and enjoy your food.
7. Avoid hanging out near the food table at holiday functions. This will minimize the chances of constant snack nibbling.
8. Change up your choice of flavors, food textures and warm and cool foods for more satisfaction in your eating.
9. Set realistic expectations: trying to lose weight around this time of here may just leave you overwhelmed and frustrated. Instead strive to maintain your weight.
10. Avoid making majority of your holiday season about food related things. Enjoy the company of those around you!

### What's In Season?

- ◆ Happy Holidays!
- ◆ Healthy Holiday Tips
- ◆ What's In Season?
- ◆ Recipe: Twice Baked Potatoes



### What's In Season? Cranberries

Cranberries are a high in fiber—which aids in digestion, vitamin A, and vitamin C. They serve as great antioxidants and may help prevent cancer. They may also aid in reducing your risk for heart disease and stroke.

When picking cranberries, make sure that their coloring is bright. Discard any that soft, withered or discolored ones. Cranberries can stay fresh in the refrigerator for up to 2 months.

Cranberries can be eaten in many ways. You can have it as a sauce, in pastries, muffins, side dishes, and relishes.

## Twice-Baked Sweet Potatoes

### What you need:

#### Utensils:

Cutting board & knife  
Medium bowl  
Spoon  
15 inch x 10 inch baking dish  
Potato masher or fork  
Measuring cups & spoons  
Can opener

#### Ingredients:

5 medium sweet potatoes\*  
1 8-ounce can mandarin oranges, drained and chopped.  
1 cup dried cranberries or raisins, chopped  
2 tablespoons margarine, softened  
½ cup chopped nuts

#### What to do:

1. Wash your hands and clean your cooking area.
2. Clean the tops of canned food items before opening them.
3. Preheat oven to 350°F.
4. Scrub and wash sweet potatoes. Push fork into potatoes several times and wrap each potato in a wet paper towel. Place in microwave on high for 5 to 8 minutes each.
5. Cut each potato in half from top to bottom.
6. Using a spoon, scoop inside of potato half, leaving a ½ inch space from the outside of the potato, forming a shell. Set potato shells aside.
7. Place inside of potatoes in a medium bowl, and mash with a fork.
8. Stir in oranges, cranberries, and margarine.
9. Fill each potato half with potato and fruit mixture.
10. Place potato shells in baking dish. Sprinkle with nuts.
11. Bake for 25 to 35 minutes.



**Prep Time:** 10 minutes

**Cook Time:** 30 minutes

**Cost per serving:** \$0.31

### Nutrition Facts

Serving Size 1 potato shell half  
(112g)  
Servings Per Container 10

Amount Per Serving

**Calories** 170      **Calories from Fat** 60

% Daily Value\*

**Total Fat** 7g      **11%**

Saturated Fat 1g      **5%**

Trans Fat 0g

**Cholesterol** 0mg      **0%**

**Sodium** 65mg      **3%**

**Total Carbohydrate** 27g      **9%**

Dietary Fiber 4g      **16%**

Sugars 17g

**Protein** 2g

Vitamin A 70%      • Vitamin C 30%

Calcium 2%      • Iron 6%

\*WIC Approved Food Package

#### MyPlate:

½ cup Vegetable

¼ cup Fruit

½ ounce Meat and Beans



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