

Nutrition Tidbits

November/December 2014

Where is Food \$ense?

Schools

- Fairmount Elem.
- Odyssey Elem.
- Challenger Elem.
- Discovery Elem.
- Horizon Elem.
- Quil Ceda Elem.
- Liberty Elem.
- Shoultes Elem.
- Frank Wagner Elem.

Transitional Housing Sites

- VOA
- HASCO
- YWCA

Agencies

- Tulalip Family Haven
- VOA Food Bank
- Camp Fire Mega Clubs
- Everett Justice Community Center

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WSU Food \$ense
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Snohomish County



Healthy, Holiday Celebrations

Ever struggle to find ways to celebrate without sweets and treats involved? Just one birthday can often contain pizza, sugary drinks, chips, cake and ice cream plus a goodie bag with candy!



This holiday season we will discuss some alternative ways to celebrate holidays and birthdays by shifting the focus from food to fun!



Ideas for healthier celebrations:

- Have a scavenger hunt for items related to the party theme/holiday
- Plan special games, like a dance party
- Allow children a trip to the treasure box that is supplied with small toys/stickers
- Serve fruit and vegetables as appetizers instead of processed salty snacks
- Make a sign, sash, crown, button or badge for the birthday child
- Focus on costumes
- Get your children involved in making a healthy menu for the event

TRICKS FOR BETTER HOLIDAY EATING

Did you know that the average American gains 2-3 pounds each holiday season that they keep with them for the rest of the year? Make this a year about sustaining weight with these helpful tricks:

Don't skip meals!

Eating regular meals daily can minimize the amount of calories you consume. This is because we often overeat later in the day if we skip a meal.



Use a smaller plate.

Often our eyes are often larger than our stomachs so by using a smaller plate, we trick our eyes into thinking we served ourselves plenty of food. In addition, it is important to limit those second & third trips to refill the plate.

Start with vegetables.

Serve yourself vegetables and salad before going for the entrees and desserts as it is shown to fill up your stomach with good nutrients and prevent overeating.

Pick your favorites and ditch the fillers!

Holidays are often the only time you eat certain foods so be sure to pick and choose what you are going to splurge on and what you can save for another day. Choose 3-4 splurge foods and save the others for another day.



Eat slowly and savor every bite.

The holidays are about celebration and enjoyment with family and friends. Start every meal with gratitude and really think about what tastes good about each bite. Eating slowly prevents overeating by allowing us to listen to when our bodies are full.

Continue regular exercise!



Try walking before or after eating as a family activity or try making an exercise chart for the winter months to keep up motivation as life gets busier and colder. Exercise maintenance is crucial to fight off extra pounds.

Recipe of the Month - Pumpkin Dip



Ingredients:

- 3 Tablespoons canned pumpkin
- 1 cup low-fat vanilla yogurt
- 1 Tablespoon 100% orange juice
- 1/2 teaspoon cinnamon (optional)
- 1/2 teaspoon pumpkin pie spice (optional)
- 5 graham crackers or handful of pretzels

Directions:

1. Wash your hands!
2. Mix all the ingredients together
3. Serve and enjoy!

Recipe from the Dannon Institute