

EatWell Newsletter

December 2018



HOLIDAY AND CELEBRATION EATING TIPS

- Don't skip meals. This backfires because you come to the next meal over hungry and eat more than intended.
- Fill up on lower calorie, nutrient dense foods such as fruits, veggies, popcorn, or lean cold cuts on whole grain bread.
- Eat slowly and enjoy each bite.
- Eat only when you are hungry and not because food is near.
- Choose only the foods you really want and keep the portions small.
- Be realistic: trying to lose weight during the holidays may be a self-defeating goal. Instead strive to maintain your weight.
- If you're bringing a dish to share, make it healthy and delicious.
- Forget the all-or-nothing mindset. Depriving yourself of special holiday foods or feeling guilty when you do enjoy them isn't a healthy eating strategy. Deprivation and guilt certainly are not part of the holiday spirit.

Source: Derived from Iowa State University of Sciences and Technology and Today's Dietitian



GRINCH KABOBS

1. Place a green grape on a toothpick.
2. Slide a banana slice (~1/2" thick) on top of the grape
3. Slide a strawberry (with the stem cut off) on top of the banana.
4. Top the strawberry with a mini marshmallow.

You have a grinch kabob! This is a healthy snack that is sure to be a crowd pleaser at parties.



Source: <https://www.womansday.com/food-recipes/food-recipes/g2058/healthy-holiday-snacks-for-kids/?slide=7>



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