

# Nutrition Times

December 2019 Nutrition Services



CC BY-SA 2.0 Holiday fruit

## Eating Healthy over the Holidays

The holidays are a time to gather with friends and family and enjoy food. But rich party foods, sweets, desserts, and alcoholic drinks can make healthy eating a challenge. Below are some tips to help you eat healthy while enjoying the best the season has to offer.

### Enjoy your 'must-have' treats

Be choosy. Are mincemeat tarts, shortbread cookies, or your mom's fudge favourite foods you look forward to all year? Then enjoy a few and leave the 'meh' foods for other times of the year.

### Drink in moderation

Love eggnog? Think of it as dessert and have a small glass. Eggnog and other drinks with lots of sugar and cream may have as many calories as a meal! Alternate sweet or alcoholic drinks with lower calorie options such as sparkling water with lime, cranberry juice with club soda, or diet pop.

### Have small portions

Use a smaller plate and don't try to sample "a little of everything." Eat slowly and stop when you are full. If there is a food table, go to the other side of the room to do your visiting. The longer you stand near the table, the more you are likely to nibble.

### Don't skip meals

Don't try to make up for a big party or feast by skipping meals. You will just overeat anyway. It is best to stick to your regular meals, especially breakfast. Focus on eating healthy, fibre-rich choices during the day such as whole grain toast and nut butter, or oatmeal with apples and walnuts, and lots of fruits and vegetables. Eat a small snack an hour before a party; try cut up fruit and yogurt or cheese to curb your hunger.

### Having a cookie exchange? Trade healthier snacks such as:

- Antipasto or hummus and whole grain crackers
- Whole wheat berry scones
- Pumpkin Cranberry Muffin Squares [www.unlockfood.ca](http://www.unlockfood.ca)
- Veggies and low fat dips
- Fruit drizzled with chocolate
- Fruit salsa and cinnamon crisps

Or have a potluck instead. The bonus is you get to share the food together.

### Light Cinnamon Crisps

- 8-10 Multigrain or whole wheat tortillas, 10 inch
- Water
- ¼ cup sugar
- 2 tsp cinnamon

Brush or spray tortillas with water. Mix together sugar and cinnamon and sprinkle over tortillas.

Cut tortillas into 8 wedges. Cut each wedge into 4 triangles. Bake at 350 degrees on ungreased baking sheet for 5 minutes. Turn pan and bake 5 - 8 minutes more or just until crisp.

These chips will keep up to 2 weeks in an airtight bag. Serve with fruit salsa.

### Savory Crisps

- 8-10 Multigrain or whole wheat tortillas, 10 inch
- 3 tablespoons lime juice
- 1 tablespoon water
- 1 tsp ground cumin
- 1 tsp chili powder
- ½ tsp salt

Spray 8-10 tortillas with lime juice and water mixture. Mix together spices and sprinkle over tortillas.

Prepare and cook as above. Serve with guacamole, tomato salsa, or hummus.



CC BY-NC-SA 2.0 Sweet basil pesto Tapenade



CC0 Boy tobogganing

### Keep Moving!

In addition to healthy food choices, keep moving. Make the most of your time with others by enjoying fun activities together. Go outside for a walk or head for the toboggan hill. Check out skating rinks, ski hills and hiking trails. Build a snowman or have a snowball fight. Too cold? Visit a recreation centre for swimming or basketball. Maybe try pickleball or floor hockey. Or stay at home and turn up the dance music or build a fort. Activity will help you feel great and will balance out the holiday eating.

*Happy Holidays from Nutrition Services!*

## Upcoming Nutrition Classes

(most classes are free)

### Brooks:

For upcoming classes visit: [ahsbrooksnutrition.eventbrite.ca](https://ahsbrooksnutrition.eventbrite.ca)

### Medicine Hat:

**Nutrition and Healthy Eating During Pregnancy:**

Mon. Jan 13 or Feb 10, 2020, 6 - 8 p.m.

Register: [www.ahs.ca/prenatal](http://www.ahs.ca/prenatal) (use filters to look for nutrition in the course name) or 403-502-8215. For online classes go to:

<http://www.birthandbabies.com/category/101-a-healthy-pregnancy/>

**Infant Nutrition:** Information on feeding babies 0 to 12 months.

Mon. Dec 2, 2019, 2:45 – 4:00 p.m.

Register: 403-502-1411 or at [ahsmedhatnutrition.eventbrite.ca](https://ahsmedhatnutrition.eventbrite.ca)

### Lethbridge:

**Baby Steps Infant Nutrition** Information on feeding babies 0-12 months. Ongoing. Register 403-388-6668.

**Alberta Healthy Living Program:** Classes are ongoing throughout South Zone to help manage chronic conditions. Topics include Diabetes, Weight Management, Stress Management, Healthy Eating to Reduce your Risk, Emotional Eating and more. For information on sessions available go to: [bit.ly/2CAfSnN](http://bit.ly/2CAfSnN)

To register call: **Lethbridge 403-388-6654: Medicine Hat 403-529-8969: Brooks 403-793-6659**



## Contact

If you have questions, contact your local Registered Dietitian at Community Health Services:

Medicine Hat 403-502-8200

Brooks 403-501-3300

Lethbridge 403-388-6666

For more information on this or other nutrition topics, go to [www.healthyeatingstartshere.ca](http://www.healthyeatingstartshere.ca)

