



FIVE HOLIDAY TIPS FOR A HEALTHIER, HAPPIER YOU!

Don't let holiday temptations keep you from meeting your health and wellness goals. Stay on track by following these simple, holiday tips recommended by our Hy-Vee dietitians:

Eat Fruits & Veggies First

- You will eat more of the foods you choose and eat first.
- Choose low-calorie foods first, such as fruit slices, raw or steamed vegetables and green leafy salads, to save calories.

Less Is More

- Eat smaller portions by using a salad plate or smaller bowl. Serve bite-size treats or appetizers.
- Save your extra calories for a special holiday treat you only eat once per year, such as grandma's homemade fudge.



Stuffed Mushrooms

Pass the Protein, Please!

- Include lean-protein foods in snacks and meals to help balance carbohydrate-rich foods, avoid blood sugar spikes and help you feel full longer.
- Opt for lean meat, poultry, seafood, low-fat cheese and nuts.

Stay Active

- Burn off calories from your meal by taking a brisk walk with friends and family or dancing at the holiday party.

Get Your ZZZs

- Seven to eight hours of sleep per night may aid in eating fewer calories and choosing healthier foods during the day.

MOZZARELLA PEPPER SALSA

Serves 12 Yield: 3 cups

ALL YOU NEED

- 1 (8 oz) block mozzarella cheese, diced into ¼-inch cubes
- 1 cup diced roasted red peppers
- 2 green onions, cut diagonally into thin slices
- 3 tablespoons thinly sliced fresh basil
- 2 teaspoons extra-virgin olive oil
- Freshly ground black pepper to taste
- 1 head Belgian endive, separated into leaves.
- Whole grain crackers – optional

ALL YOU DO

1. Combine mozzarella cheese, red peppers, green onion, fresh basil and olive oil in medium bowl; mix well. Season with pepper.
2. Cover and refrigerate 1 hour or overnight.
3. Serve on endive leaves with whole grain crackers.

May also serve on toasted baguette whole-grain bread.

Nutrition facts per serving: 61 calories, 4 g fat, 2 g saturated fat, 10 mg cholesterol, 150 mg sodium, 2 g carbohydrates, 5 g protein. 15% Daily Value calcium.

Source: Midwest Dairy Association

WHAT'S NEW & EXCITING



FAVE™ 100% FRUIT & VEGETABLE JUICE

One glass of Fave's 100% Fruit & Vegetable Juice provides only 60 calories, three servings of vegetables and no artificial ingredients or sweeteners. Fave™ juice is available in three delicious flavors: Strawberry-Banana-Kiwi, Blueberry-Pomegranate-Goji and Orange-Tangerine-Pineapple.



HY-VEE SELECT FROZEN HERBS

- 100 %-natural, premium frozen herbs
- Use without defrosting
- Washed, chopped and ready to add to any meal
- Parsley, cilantro, garlic, basil
- Find next to frozen vegetables



ELLI™ CREAMY GERMAN STYLE QUARK

Similar to Greek yogurt, quark is a creamy, spoonable cheese that has a better protein-to-carbohydrate ratio, but with a less sour taste. Elli quark is high in protein, contains no added sugars, and comes in five, rich flavors: plain, lemon, strawberry, pineapple and red velvet.

Dietitian Pick of the Month ALMOND OR COCONUT FLOUR 5 Reasons to Choose Almond or Coconut Flour



1. Boosts protein and fiber content in baked goods.
2. Is a good substitute to help lower carbs in quick breads, muffins and pancakes.
3. Is gluten-free.
4. May replace a portion of all-purpose flour with almond or coconut flour in recipes. *(Talk to your Hy-Vee dietitian for more information or recipes)*
5. Adds a sweet, rich flavor to your favorite recipe.

BUILD A HEALTHIER SNACK FOR SANTA CLAUS

Iced Gingersnap Trail Mix

Makes 20 servings (½ cup each)

ALL YOU NEED

- 4 cups Angie's Iced Gingerbread Holidrizzle kettle corn
- 1 cup Annie's gluten-free gingersnap Bunny cookies
- 1 cup vanilla yogurt raisins
- 1 cup Hy-Vee dried cranberries

ALL YOU DO

1. In a large bowl, mix together all ingredients.
2. Portion out ½ cup trail mix per person.

Nutrition facts per serving: 130 calories; 4 g total fat; 2 g saturated fat; 0 g trans fat; 0 mg cholesterol; 23 g carbohydrates; 9 g sugar; 1 g protein; 1 g fiber; 280 mg sodium. Source: Hy-Vee dietitians

Dietitian Recipe of the Month SIZZLED CITRUS SHRIMP

Serves 4 (about 3/4 cup each)



ALL YOU NEED

Marinade and Shrimp

- 3 tablespoons Hy-Vee lemon juice
- 3 tablespoons dry white wine
- 2 teaspoons Hy-Vee Select extra-virgin olive oil
- 3 cloves garlic, minced
- 1 pound raw medium shrimp (30 to 40 per pound), peeled and deveined

Sauce

- 1 teaspoon extra-virgin olive oil
- 1 bay leaf
- ¼ teaspoon Hy-Vee crushed red pepper
- ¼ teaspoon salt, or to taste
- 2 tablespoons chopped fresh parsley

ALL YOU DO

1. Combine lemon juice, wine, 2 teaspoons oil and garlic in a medium bowl. Add shrimp and toss to coat. Cover and marinate in the refrigerator for 15 minutes, tossing occasionally. Drain well, reserving marinade.
2. Heat 1 teaspoon oil in a large, nonstick skillet over medium-high heat. Add shrimp and cook, turning once, until barely pink, about 30 seconds per side; transfer to a plate. Add bay leaf, crushed red pepper and the reserved marinade to the pan; simmer for 4 minutes. Return the shrimp and any accumulated juices to the pan; heat through. Remove the bay leaf. Season with salt, sprinkle with parsley and serve immediately.

Nutrition facts per serving: 171 calories, 6g fat, 1g saturated fat, 172mg cholesterol, 315 mg sodium, 4g carbohydrate, 1g fiber, 23 g protein

Daily Values: 15% vitamin A, 15% vitamin C

Source: Adapted from Eating Well, Inc.