

DECEMBER 2016



Helping you Stay on Track with Healthy Holiday Goals

The holiday season is here, which means family, friends, presents, traditions and—of course—food. Eating healthy can be a challenge when the aroma of Grandma's cookies is in the air. The average American gains weight over the holidays, but this does not have to be the case for you with a few helpful hints.

Try setting a target goal weight and/or exercise or nutrition goal. Another motivator may be to find a friend or family member to help keep you accountable in your healthy ways.

Before attending a holiday gathering, ask the host if you can bring a healthy offering such as a relish dish or appetizer. Snacks containing both fiber and protein are excellent in curbing hunger and may help you reduce calories.

When hosting your own holiday get-together, try using small snack-style plates and small serving utensil to help your guests portion their party foods.

When it comes to the main course, remember to follow the MyPlate illustration in order to portion accordingly and eat from all of the five food groups.

We often want to try all of the desserts. Instead, try picking one dessert. Studies show that people who deprive themselves of certain foods often do not do as well when trying to manage their weight. So do not feel bad about eating dessert as long as you keep it well-portioned.

After your holiday meal, invite others to be active. This activity will take your mind off the leftovers as well as aid in digestion.

Spiralize it!



SPIRALIZER

Spiralizing is a new way to eat healthy while still enjoying Italian, Thai, Chinese, Indian, Greek, Cuban or American flavors. It's making "noodles" out of any and every vegetable, from zucchini to beets to carrots. To spiralize veggies...

- Slice off the ends of the vegetable so it is flat and even.
- If the outer skin is inedible, peel it before spiralizing.
- If your produce exceeds 6 inches in length, halve it.
- Before tossing noodles with a sauce, pat them dry with paper towels so your sauce maintains its thick consistency.
- When cooking noodles, simmer or stir-fry them so veggies remain crisp-tender and hold their shape.

CRACK INTO HEALTH AND HAPPINESS WITH PISTACHIOS

This holiday season be sure to try the Dietitian Pick of the Month, pistachios! Pistachios are the lowest calorie nut per serving and are perfect for holiday snacks and recipes. These nutrient-dense nuts are packed with...

- Protein
- Fiber
- Heart-healthy fats
- Copper
- Manganese
- Vitamin B6



PRODUCT SPOTLIGHT



POMEGRANATE ARILS

- Pomegranate arils are ready-to-eat and go great on the top of salad, with appetizers or even desserts.
- Not only are these a tasty option, but they are also a great source of antioxidants!



DESSERT HUMMUS

- You'll be surprised the first ingredient is garbanzo beans.
- This hummus goes great as a sweet dip or topping for holiday appetizers and snacks. Your holiday guests won't even be able to tell that it is a healthier choice!



SPIRALIZER

- Spiralizers can be used to create a variety of vegetable-based noodles including zucchini, squash, sweet potatoes, bell peppers, carrots and even beets!
- It is a very versatile tool that can help you and your family and friends work toward a healthier lifestyle.

DIETITIAN PICK OF THE MONTH

Pistachios

5 REASONS TO CHOOSE PISTACHIOS:

- 1 One serving of pistachios equals 49 nuts (more per serving than any other nut!).
- 2 90% of the fat in pistachios is from good, unsaturated fats, making them a great heart-healthy option.
- 3 Pistachios are a good source of protein that are shelf stable and easy to take for on-the-go snacking.
- 4 Per serving, pistachios contain more than 10% of the Daily Value of dietary fiber and essential vitamins and minerals such as B6, thiamin, copper and phosphorus.
- 5 Pistachios are versatile! You can use them in main or side dishes, trail mixes, toppings or by themselves.



DIETITIAN RECIPE OF THE MONTH

Spiced Pistachios

 Serves 24 (2 tablespoons each).

ALL YOU NEED:

- 2 tbsp Hy-Vee orange juice
- 2 tbsp Chinese five-spice powder
- 1 1/4 tsp kosher salt
- 2 cups unsalted pistachios

ALL YOU DO

1. Preheat oven to 250 degrees.
2. Whisk orange juice, five-spice powder and salt in a large bowl. Add pistachios; toss to coat. Place on a large rimmed baking sheet; spread in an even layer.
3. Bake, stirring every 15 minutes, until dry, about 45 minutes. Let cool completely. Store in an airtight container.



Nutrition Facts per serving: 91 calories, 7g fat, 1g saturated fat, 0mg cholesterol, 88mg sodium, 5g carbohydrate, 2g fiber, 3g protein. Daily Values: 6% iron.

Source: Adapted from EatingWell, Inc.