



HEALTH & WELLNESS

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Keep the Holidays Healthy

The holiday season is filled with food, fun, festivities, family and friends. With all the holiday excitement this time of year, healthy habits sometimes fall by the wayside. Here are some simple tips to ensure your holiday season is happy AND healthy.

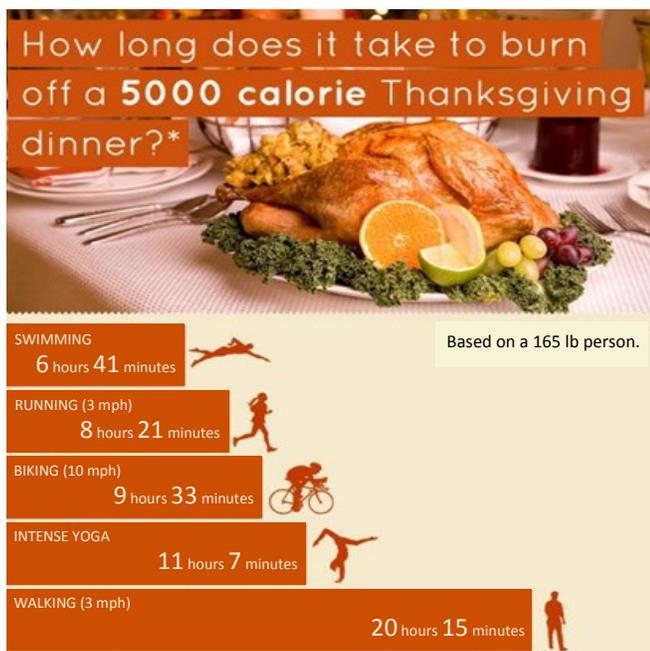
-  Eat breakfast and avoid the idea of starving for a feast later. You're more likely to overindulge if you arrive hungry.
-  Limit or avoid sugary drinks such as sweet tea, soda, or eggnog. Sip on water instead.
-  If choosing alcohol, remember to drink in moderation (1 drink for women and 2 drinks for men).
-  Stay active. Plan a social walk or game of football to help make up for eating more than usual and reduce stress during one of the most stressful times of the year.
-  Wait a few hours after the meal to enjoy a small piece of dessert as a snack.

CREAMY MASHED CAULIFLOWER

Ingredients:

- 8 cups bite-size cauliflower pieces (1 head)
- 4 cloves garlic, crushed and peeled
- 1/3 cup buttermilk
- 4 tsp extra-virgin olive oil, divided
- 1 tsp butter
- Salt and pepper to taste

- 1) Place cauliflower and garlic in microwave-safe bowl with 1/4 cup water, cover and microwave on High for 3-5 minutes, until tender.
- 2) Place cauliflower and garlic in food processor. Add buttermilk, 2 Tbsp. oil, butter, salt and pepper: pulse several times, then blend until creamy.
- 3) Transfer to serving dish and drizzle with remaining 2 Tbsp. of oil. Serve hot.



Be Mindful with 4 Holiday Tips

Use a smaller plate

If we have a big plate, we dish up more. So using a small plate will help control portions.

Start with vegetables or salad

These choices are lower calorie and help fill you up. Broccoli, baby carrots, cauliflower, and tomatoes are great choices. Take only a small spoonful of dip or skip it entirely.

Enjoy your food

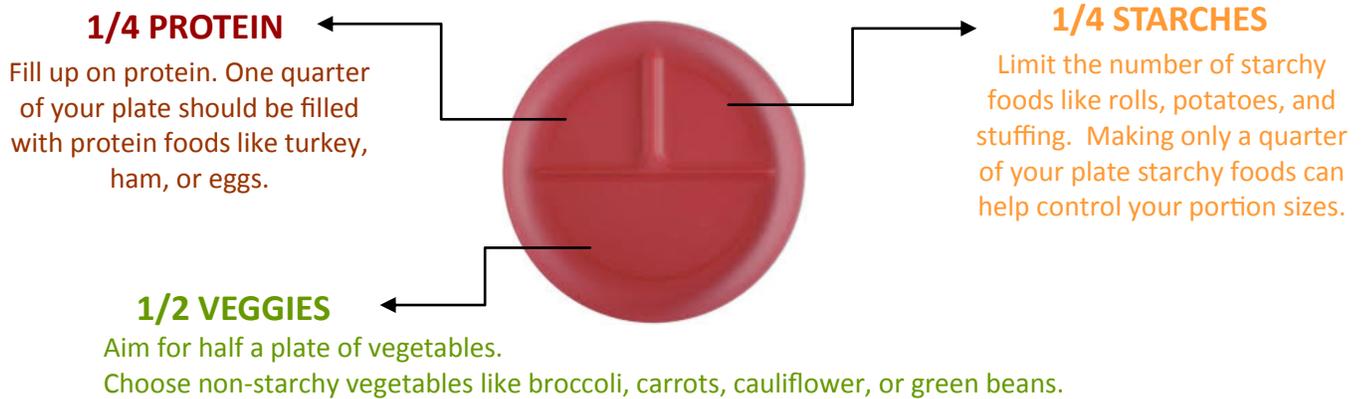
Take time to savor the taste and socialize while eating. Eat slowly and enjoy the dining experience.

Wait before seconds

It can take 20 minutes for your brain to realize your stomach is full. Waiting just a few minutes can allow that full feeling to set in.

Building a Healthy Plate

- * Study all the food options and think about what is going on your plate before assembling it.
- * Choose foods iconic for the holiday such as sweet potatoes, green bean casserole, or turkey. Save ordinary food choices like mashed potatoes or dinner rolls for another meal.
- * If you try something on your plate and do not enjoy it, leave it and don't finish it.
- * If going back for seconds, refill on a protein (meat source, boiled egg, etc.) rather than a carbohydrate (potatoes, breads, grains, desserts, etc.).



Maintaining Control Over the Holidays

Are you planning to HOST a dinner party?

Include into your menu healthy food options such as fruits, vegetables, lean meats, and whole grains.

Avoid frying or adding extra fat when cooking. Instead, baking, broiling, and barbequing are healthy cooking methods.

During cooking, avoid sampling the food more than necessary. These extra calories add up and can cause you to over eat.

As the host of the dinner, clear the table and put away unused food to help avoid grazing.

Are you a GUEST at a dinner party?

Offer to bring along a healthy dish that you know you will enjoy and can substitute for a not so healthy dish.

Decide which foods are worth eating. Study ALL food options, and think about what you're going to have before you put anything on your plate.

Try not to hang out near the food to avoid grazing. Find a comfortable spot across the room and focus on socializing instead of eating.

Sip on a large glass of water or mineral sparkling water to stay hydrated. Water is a better option than sugary beverages and alcohol.



Happy Thanksgiving

