

HAVING A HEALTHY HOLIDAY SEASON

Here are a few tips that can help you maintain your health during the holidays:

Plan Ahead:

- Don't starve yourself prior to an event- keep to your regular meal times. Saving calories for the overindulgence will lead to lack of control and may sabotage your good intentions.
- Review the menu, think about what foods will be served, and write out (or tell a friend) what and how much you will be eating and drinking.
- Plan in some movement- go for a walk with a friend or family member after your meal.

Control your Portions:

It can be difficult to keep a sensible plan in social situations when there are lots of distractions and large quantities and varieties of foods.

- Avoid appetizers
- Hold a glass of non calorie beverage to keep your hands occupied.
- Mentally choose what you will eat before you take anything.
- Make half your plate vegetables — watch the sauces and added fats in baked items.
- Use a small plate and/or don't refill your plate.



What's Good to Eat?

Winter squashes are good for digestion, controlling blood pressure, heart disease and diabetes. They are high in fiber, antioxidants, potassium and vitamins A and C. They make an excellent addition to soups, stews and even salads. Try with your next meat or fish-based meal or for a plant based option, stuffing with a nut and rice or beans mixture.

Ingredients

- 1 (2- to 3-lb.) winter squash: butternut, spaghetti, or acorn
- 1 Tablespoon vegetable oil
- 2 teaspoons honey, maple syrup, or sugar
- 1/4 teaspoon salt
- 1/8 teaspoon pepper

How to Make It

Preheat oven to 400°. Cut squash in half lengthwise and remove seeds (no need to peel). Place squash, cut sides up, on an aluminum foil-lined baking sheet. Combine oil and sweetener, stir until blended. Brush cut sides of squash with oil mixture. Sprinkle with salt and pepper. Bake, uncovered, 45 minutes or until tender; let stand 10 minutes. Cut into large pieces and serve.



Manage the Stress:

Prioritize Your Health! How do you incorporate self-care into your daily life? There are many different approaches and the best one for you is the one that you will stick with and helps you feel your best.

Here are a few ideas:

Create new, healthy rituals with family and friends like a holiday run or hike. Remember, social events aren't just about the food — they are about connecting with loved ones. So enjoy the company!

-Move your body every day.

-Eat healthfully. Many study have shown a strong connection between diet and mood. Fruits and vegetables are particularly effective at maintaining mental balance.

-Get enough sleep. The right amount depends on your body, do you feel well rested when you wake up?

-Keep your perspective. Little stresses and worries easily drain our energy reserves if we let them. Try a mindfulness exercise to help you let go and keep your focus on what really matters.

SFFC Free Clinic Stress Management Resources:

- Texting program: receive regular text messages about mindfulness, self-care, and positive thinking. Explore the source of stress in your life and learn simple ways to cope.*
- Yoga: Twice a week hour long classes led by a teacher with over 30 years of experience. Yoga brings calm and clarity of mind while nourishing the body and spirit.*
- Individual and group-based stress reduction training with our lifestyle medicine practitioner.*

