

NUTRITION TO GO

STAYING HEALTHY DURING THE HOLIDAYS

The holiday season has arrived and now is one of the best times of the year to connect with our loved ones, especially over a meal. Some of our favorite foods are often only served over the holidays, but they can be higher in added sugar, salt, and fat than our typical meal. Let's learn more about how to stay on track through the holidays.



Mindful Eating for the Holidays

Mindful eating can help us be more aware of how we're feeling, pick and prepare foods, and fully enjoy our meals. During the holidays, it can help us make healthy and delicious food choices all while enjoying the celebrations.

Tips on how to eat mindfully during the holidays

1. Start with a smaller plate. A smaller plate will allow you to fill your plate with small servings of your favorite holiday foods.



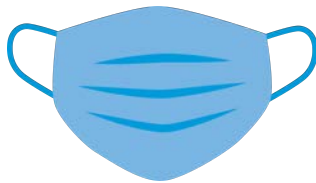
2. Slow down, sit down, be present. Slow down by taking smaller bites, and take time to enjoy your meal. This can give your stomach enough time to tell your brain that you're full, to avoid overeating past comfort.



3. Pay attention to your body. Check in with your body and listen to what it is telling you. Are you still hungry or are you feeling full?

Keeping up and keeping safe

It is important to follow the Department of Health's recommendations. If we have to be socially distant this holiday season, you're not alone. Here are some tips to stay healthy and safe as you spend time with family and friends during the holidays.



If it's warm enough, connect outside with your loved ones. Some safe options to stay in touch while physically apart include:

- Social media
- Video calls
- Phone calls
- Outdoor gatherings (like a picnic or a silly holiday sweater party)
- Be active and go for a walk with a friend or family member

PUMPKIN DIP

Ingredients

- 1 (8 ounce) package light cream cheese (Neufchâtel)
- 1 cup low-fat plain yogurt
- 1 (15 ounce) can pumpkin, yams, or squash
- ½ cup confectioners sugar
- 1 teaspoon cinnamon
- 1 teaspoon ground ginger
- 2 apples, sliced

Directions

1. Beat cream cheese, yogurt, and pumpkin in large bowl until smooth.
2. Add sugar, cinnamon, and ginger. Mix well.
3. Cover and refrigerate for 1 hour.
4. Serve with apple slices.

Servings per recipe: 15

Serving size: 2 tablespoons

Prep time: 5 minutes

Cook time: 0 minutes



*Check out our healthy recipes at:

<https://web.uri.edu/community-nutrition/>