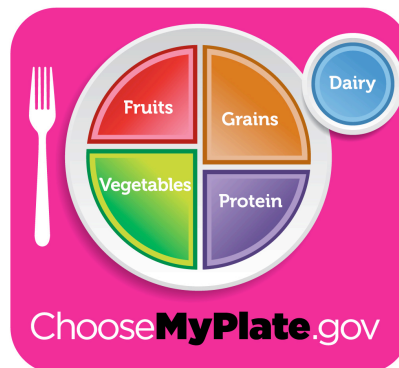




Easy Tips for a Healthier Holiday Season

- **Eat salads with your meals.** Make salads with a mix of vegetables, like grape tomatoes, cucumber and carrots, not just lettuce.
- **Keep vegetables on hand,** whether they're fresh, or frozen vegetables, or even canned vegetables. Canned vegetables are better than no vegetables at all! Mix them into your meals.
- **Be careful not to overeat.** It's okay to have one serving of pumpkin pie and that dark meat turkey, just be careful not to over eat. For help getting to know healthy portion sizes check out- <http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan/eat-right/distortion.htm>
- **Half of your plate should be fruits and vegetables.** Keep your protein portions about a quarter of your plate. Be careful not to cover your vegetables with heavy, cream sauces that are high in fat.



- **Make water your go-to drink.** Try not to offer pop to anyone, adults or children alike. Even juices can add-up in sugar and calories. We'd rather see people eat a nice a piece of fruit, rather than drink juice.





Healthy Holiday Side Dish

Roasted Sweet Potatoes

Ingredients

- 3 medium sweet potatoes, about 1 ½ pounds
- 1 Tablespoon honey
- 1/3 cup plain yogurt
- 1 Tablespoon pepitas (roasted pumpkin seeds)

Instructions

1. Pre-heat your oven to 400 degrees.
2. Scrub the potatoes but don't peel. Poke holes in each of the potatoes using a fork/knife and place them on a foil-lined baking sheet/baking dish.
3. Bake potatoes for 1-1½ hours until tender.
4. Stir together honey and yogurt.
5. Potatoes can be served in their skins, topped with sweetened yogurt and pumpkin seeds OR mashed flesh with yogurt and serve topped with pepitas.

Makes 4 servings -per serving: 195 calories

4gm fat, 37gm carbohydrate (4gm fiber), 5gm protein, excellent source of Vitamins A and C, 10% daily value for iron

