



nutrition nuggets

DIETITIAN'S E-NEWSLETTER



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Maintaining Health through the Holidays

Around this time of year, it's hard not to overeat and indulge on sweets when visiting relatives. Moderation is an important practice to follow in order to achieve an overall healthy lifestyle. Overindulging during the holidays is hard to avoid for many of us; in fact the average person eats about *6000 calories* on Christmas day alone. In the United States, it's typical for someone to gain 1-2 pounds during the holiday season. This year, choose moderation, and keep your portion sizes in check. We can still reconnect with family and celebrate the season while staying healthy as well. Here are a few tips to keep control over our eating habits. *Source: www.medicalnewstoday.com/healthtips*



Nutrition Therapy Department

Care to share what's on your mind? Want to suggest something for the next E-Newsletter? Please feel free to write to us with any questions or concerns you may have!



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Practicing Portion Control

Don't skip meals.

This is a common misconception to avoid excess calories, studies have shown that when we skip meals we tend to overeat and binge later in the day. Fiber is an important nutrient that should be added into meals to feel more full & eat less.

Make a plan.

Choose what foods you will have ahead of time, and remember sometimes if it looks healthy it may still be loaded with calories. Always opt for small portions and low fat options, such as fruits & vegetables. Did you know a serving of meat is the same size as a deck of cards?

Look at your plate size.

The smaller the plate, the less food will be on the plate & the more we will feel like we are eating. Replace your large plates with smaller plates such as salad or dessert plates.

Be active.

Physical activity helps burn off the large amount of calories we may eat during the holidays. Walking has shown to be a great source of exercise after a large meal. Or playing a game of twister will also get everyone active, too!

Source: www.medicalnewstoday.com/healthtips

Featured Food: Sweet Potatoes

- ✓ 1 medium potato is 100 calories
- ✓ 120% Vitamin A and 30% Vitamin C daily needs
- ✓ No fat
- ✓ Very low in salt



Research Corner



The Benefits of Green Tea

Improves brain function

Caffeine, found in tea, improves brain function and boosts mood. It has less caffeine than coffee too, which reduces the jitters.

Increases fat burning metabolism and energy

Studies have shown tea makes fat more available to use as a source of energy. Therefore it burns our fat stores, while at the same time provides our body with more energy to do physical activities.

Type 2 Diabetes Mellitus

Tea will reduce the risk of developing T2DM due to its ability to slightly reduce blood sugar levels and improve insulin sensitivity. In Japan it showed those who drank green tea reduced their risk by 42%!

Cardiovascular disease

Tea can improve your blood pressure, total cholesterol, LDL cholesterol, and triglycerides, which are all factors that reduce our risks for heart disease.

Dental Health

Prevents the growth of bacteria, lowers the risk of infections, and leads to healthier teeth and gums. Plus it lowers the risk of bad breath!

Drink a cup of tea daily to get these benefits.

Source: www.healthline.com/nutrition/top-10-evidence-based-nutrition-benefits-of-green-tea/section-6

FOODS IN SEASON FOR DECEMBER

Broccoli: best while roasted, great with garlic, ginger, red pepper flakes, and other seasonings.

Brussel sprouts: roast them with your favorite seasonings, or sweeten them with honey for an evening

Potatoes: can be served with almost anything, and are very affordable!

Carrots: Always in season until the first frost, so grab them at their best when you can!

Citrus Fruits: grapefruits, lemons, and oranges to name a few. These are all great in a breakfast smoothie or as a salad topping.



Whole Wheat Toasted Almond Pumpkin Muffins

The Holidays have come up quickly, and what better way to celebrate than with food. Try this heart healthy recipe to start off December.



Yield: 12 muffins **Time:** 35 minutes

INGREDIENTS:

2 c whole wheat pastry flour	1 large egg, lightly beaten
1/3 c brown sugar	1 c pumpkin puree
1 tsp baking soda	2/3 c milk
1/4 tsp cinnamon	3 tbsp canola oil
1/4 tsp salt	1 tsp almond extract
	2/3 c sliced almonds, toasted

DIRECTIONS:

Preheat the oven to 350 F. To toast the almonds, lay them on a parchment paper and put in the oven for 10-15 minutes, or until lightly browned. Line muffin tins with liners.

In a large bowl, whisk together the flour, sugar, baking soda, cinnamon and salt. In a smaller bowl, whisk together the egg, pumpkin, milk, canola oil, vanilla and almond extract. Add the wet ingredients to the dry, mixing with a large spatula until just combined. Do not overmix! Use an ice cream scoop or 1/4 cup measure to evenly distribute the batter into the muffin liners. Top each with a tbsp or so of the toasted almonds. Bake the muffins for 15 to 18 minutes, or until tops are set. Cool & serve.

Nutrition Facts: 102 calories, 3g total fat, 0g saturated fat, 143mg sodium, 16g carbohydrate, 4g protein, 3g dietary fiber

Source: Howsweeteats.com