

NUTRITION NEWS

November 2014

Having a Happy and Healthy Holiday Season

For many people the Holiday season is all about FOOD—and lots of it! Unfortunately this leads most Americans to over indulge and gain weight. According to the Academy of Nutrition and Dietetics the average American gains 1-2 pounds during the holiday season. While that doesn't seem like a lot of weight, the research shows that holiday weight gain tends to stick around and accumulate over the years. Furthermore, holiday meals tend to be large, and high in fat, sugar and salt.

While it's important to enjoy the season—using strategies to help you avoid over-eating will help you feel better

Try these strategies to stay healthy during the Holidays:

- * **Switch the focus** to family, friends and the celebration of the Holiday instead of the FOOD.
- * **Stay active!** Don't ditch your usual workout schedule. Take a daily walk, a drop-in exercise class, or a bike ride with a friend.
- * **Eat before the party!** Don't arrive on an empty stomach. Use a small plate and fill up on fruit and vegetables first. Then, choose a few favorite items to enjoy.
- * **Bring the healthy dish to the potluck!** Raw vegetable trays, fruit salads or green salads are a welcome addition to any celebration. Having something healthy to eat will help you (and others) stay on track.
- * **Survey** the entire buffet first and decide which foods you want to eat. Use a small plate and load half of it with healthy options like fruits and vegetables.
- * **High stress** can lead to emotional eating! Keep your stress under control by using relaxation techniques or taking a brisk walk.
- * **Watch the high calorie beverages!** Drink water festively with a twist of lemon, lime or even some pomegranate seeds! During the colder months we tend to drink less water, and when other beverages are offered we end up consuming additional calories. Try to limit these special occasion beverages and stick with

Questions about nutrition? Make an appointment to see the Dietitian! Call the Student Health Center to schedule an appointment: 209-228-2273

H.E.R.O.E.S. Corner



Join us for Rate Your Plate
Nov. 6, 12, 19 from 9:00-10:30am
Nov. 13, 17, 24 from 11:30-1pm
in the DC.

Check out our Nutrition Series Videos:
heroesucm.weebly.com/cooking-

Harvest of the Month November

* A ½ cup of sweet potato is an excellent source of vitamin A and vitamin C, as well as a good source of fiber, vitamin B6 and potassium.

* Sweet potatoes should not be stored in the refrigerator. Store sweet potatoes in a dry, cool place for 1 month or longer.

* The Center for Science in the Public Interest (CSPI) ranks the

