



Healthy Holidays

Happy Holidays! It is the holiday edition of the nutrition focused newsletter specifically for SLPS employees. This month is focused on Healthy Holiday Eating and how we can still enjoy the meal-centric holidays, while maintaining our healthy goals over the holiday season!

The holiday season in the United States typically revolves around family and food. We look forward to eating delicious food with our loved ones, but at the same time find ourselves feeling guilty, bloated, and a few pounds heavier at the end of it. What if it doesn't have to be this way?

Tips for a Healthier Holiday:

Keep It a Normal Day: Don't skip meals on holidays to "save room" or "bank the calories" for later; you will end up over-eating if you do. It is important to keep your metabolism going and eat normal meals leading up to your holiday event.

Plan Your Plate: We all know what the typical heaping holiday plate looks like – This time, focus on building your plate around more nutrient-dense and fiber-rich plant foods. Use realistic portion sizes and listen to your hunger cues.

Treat Yourself: Examine the variety of food offered at the gathering and choose a couple of your holiday favorites to splurge on. When you obsessively restrict certain foods, it can lead to binging. Take the time to fully taste and enjoy your chosen treat when you have it. It is all about balance.

Make a New Recipe to Share: Have fun cooking and impress your family with a healthy and delicious dish to pass. Bringing your own healthy dish to a gathering can give you peace of mind that there will be at least one healthier option to enjoy. You can also use plant-based food swaps when cooking and baking to improve the nutrition content of your meals. [Check out this helpful list to get started.](#)

Holiday Recipes



Stay on track by adding these recipes to your holiday meals:

- [Pear and Arugula Salad](#)
- [Maple-Roasted Sweet Potatoes](#)
- [Broccoli and Corn Bake](#)
- [Apple Crisp](#)

Saint Louis Public Schools, in partnership with their health insurance provider, United Healthcare is working with MU Extension's Health and Human Sciences Extension to provide this bi-monthly (every other month) newsletter with the goal of sharing timely nutrition focused health information that you can use in your everyday life. If you have a specific topic you would like to see covered here in this newsletter, please email [Brittany Danescu](#), the United Healthcare Health Engagement Coordinator.

Connect with MU Extension



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