

Did You Know?

December is the Month to Celebrate:

Eat a Red Apple Day– 12/1
Whole Grains Day– 12/7
First Day of Winter-12/22

Healthy Holiday Eating Habits



The holiday season is among us, which means so are the holiday feasts! Here are some tips to maintain your healthy eating habits!

Focus on the People, Not the Food:

At holiday parties, focus on socializing with friends and family, and even making new acquaintances.

Don't Arrive on an Empty Stomach:

Skipping meals may cause you to overeat and consume more calories than you would have if you had eaten something before the party.

Be sure to have a small snack, such as a piece a fruit, a small bowl of cereal, small salad, or handful of nuts before you arrive.

Bring a Healthy Dish:

Contribute your favorite healthy holiday dish to the party. Not only will this give you a healthy option, but your host will appreciate the help!

Plan Before You Eat:

When you arrive, check out all the food options and plan on what and how much you will eat.

Everything in Moderation:

Choose small portions to better control calories. Choose larger portions of items that are low in calories and high in nutrients such as fresh fruits, steamed vegetables, and tossed salads.

Eat Slowly:

Take your time and savor each bite. Pace yourself, take small bites, and chew slowly. It usually takes about 20 minutes for your brain to receive the message from your stomach that you are full.



"Healthy Meals Grow Healthy Kids!"

Maschio's Food Services Cafeteria Connection DECEMBER 2011

FRUIT OF THE MONTH
Blueberries

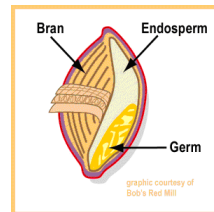


VEGETABLE OF THE MONTH



Sweet Potatoes

Celebrate Whole Grains Day!



HEALTHY FACTS

Blueberries are a great source of vitamins C & K, manganese, and fiber!

A medium Sweet Potato contains over 400% the daily value of Vitamin A and more beta-carotene than any other fruit or vegetable!

RIDDLE ME THIS...

I am a fruit that can stain your clothes blue. I grow on bushes. Try putting me on your cereal!

What am I?

blueberry

A COMPLETE LUNCH INCLUDES:

**PROTEIN, GRAINS
FRUIT, VEGETABLE**

LOW FAT MILK

Take All 5!

Add whole grains to your meals with these simple substitutions:

- Modify your bread stuffing by adding a 1/2 cup of cooked bulgur, wild rice, or barley
- Substitute half the white flour with whole wheat flour in your recipes for quick breads, muffins, etc.
- Complete your savory soup by adding a 1/2 cup of cooked wheat or rye berries, wild rice, brown rice, or barley.
- Make your corn muffins and corn breads whole grain by using **whole corn meal!**
- Add three-quarters of a cup of uncooked oats for each pound of ground beef or turkey when you make meatballs, burgers or meatloaf.
- Add a crunch to your yogurt by topping it off with rolled oats!

Source: www.wholegrainscouncil.org/whole-grains-101/easy-ways-to-enjoy-whole-grains

RECIPE CORNER SWEET POTATO & BLACK BEAN CHILI-

2 SERVINGS, 2 CUPS PER SERVING

Ingredients:

- 2 teaspoons extra-virgin olive oil
- 1 small onion, finely diced
- 1 small sweet potato, peeled and diced
- 2 cloves garlic, minced
- 1 tablespoon chili powder
- 2 teaspoons ground cumin
- 1/4 teaspoon ground chipotle chile
- 1/8 teaspoon salt, or to taste
- 1 1/3 cups water
- 1 15-ounce can black beans, rinsed
- 1 cup canned diced tomatoes
- 2 teaspoons lime juice
- 2 tablespoons chopped fresh cilantro

Directions : Heat oil in a large saucepan over medium-high heat. Add onion and potato and cook, stirring often, until the onion is slightly softened, about 4 minutes. Add garlic, chili powder, cumin, chipotle and salt and cook, stirring constantly, until fragrant, about 30 seconds. Add water, bring to a simmer, cover, reduce heat to maintain a gentle simmer and cook until the potato is tender, 10 to 12 minutes. Add beans, tomatoes and lime juice; increase heat to high and return to a simmer, stirring often. Reduce heat to maintain a simmer and cook until slightly reduced, about 4 minutes. Remove from the heat and stir in cilantro.

SOURCE: Eatingwell.com