



# The Nutrition Corner

By New Horizon  
Foods, Inc.

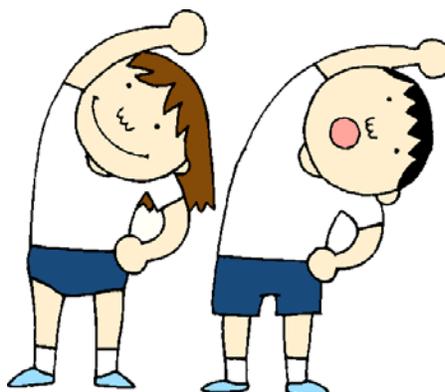
## HOLIDAY 2015

IN THIS ISSUE: HEALTHY HOLIDAY IDEAS

## Holiday Issue

by Sandy Heil, RD, LD, MPH and Lory Vincent, DM

As everyone knows along with the joy and fun of the holidays comes added festivities including yummy treats and added calories. Here are some simple and easy things to keep in mind to help stay healthy during this busy holiday time.



### Everyday Physical Activity Tips

Small steps that get your family to move more can help all of you maintain a healthy weight. Choose a different tip each week for you and your family to try. See if you or they can add to the list. Here are a few:

#### Walk Whenever Possible

- Walk instead of drive, whenever you can
- Walk your children to school
- Take the stairs instead of the escalator or elevator
- Take a family walk after dinner
- Replace a Sunday drive with a Sunday walk
- Go for a half-hour walk instead of watching TV
- Get off the bus a stop early, and walk
- Park farther from the store and walk
- Make a Saturday morning walk a family habit
- Walk briskly in the mall
- Take the dog on longer walks
- Go up hills instead of around them

## Move More in Your Home

- Garden, or make home repairs
- Do yard work. Get your children to help rake, weed, or plant
- Work around the house. Ask your children to help with active chores
- Wash the car by hand
- Use a snow shovel instead of a snow blower

## Live Actively

- Join an exercise group, and enroll your children in community sports teams or lessons
- Do sit-ups in front of the TV. Have a sit-up competition with your kids
- Pace the sidelines at kids' athletic games
- Choose an activity that fits into your daily life/lives
- Use an exercise video if the weather is bad
- Avoid labor-saving devices, such as a remote control or electric mixers
- Play with your kids at least 30 minutes a day
- Dance to music... with your kids
- Choose activities you enjoy. Ask children what activities they want to do
- Explore new physical activities
- Give yourself a gold star with non-food related rewards, such as a family day at the park, lake, or zoo
- Swim with your kids
- Buy a set of hand weights and play a round of Simon Says with your kids—you

do it with the weights, they do it without.

**When doing holiday baking remember to use sweeteners judiciously, no hydrogenated fat, contain all-natural ingredients and as much whole-grain flour as possible.**



## Date Bran Jingle Balls

**Makes:** 16 cookies

**Active Time:** 25 minutes

**Total Time:** 55 minutes

### Ingredients

- 2 cups bran flakes cereal
- 3/4 cup whole pitted dates
- 1/2 cup pecans, toasted
- 3 tablespoons honey
- 2 tablespoons cream cheese, softened
- 2 teaspoons orange juice
- 1/2 cup finely chopped nuts, date sugar, coconut or toasted wheat germ

## Preparation

1. Place cereal, dates and pecans in a food processor and process until finely chopped. Add honey, cream cheese and orange juice and pulse until a stiff dough forms.
2. Scoop tablespoon-size portions and shape with greased hands into balls. Roll each ball in chopped nuts (or date sugar or coconut or wheat germ). Place on wax paper. Let stand at room temperature for 30 minutes before serving or storing.

## Tips & Notes

- **Make Ahead Tip:** Store in an airtight container, separating balls with layers of wax paper, in the refrigerator for up to 5 days.

## Nutrition:

**Per cookie:** 104 calories; 6 g fat (1 g sat, 3 g mono); 2 mg cholesterol; 14 g carbohydrates; 1 g protein; 2 g fiber; 42 mg sodium; 111 mg potassium.

## Carbohydrate Servings: 1

**Exchanges:** 1 other carbohydrate, 1 fat.

# The Joy of Cooking with Kids During the Holidays



With special treats and family gatherings, the perfect time to teach your child about cooking and nutrition is during the holidays! Kids will not only get to try the new foods they prepare, but they will also get a big boost to their confidence when they see family and friends enjoying their creations. Most importantly, cooking with your children will promote future health by teaching them about nutrition and how to prepare healthy meals.

## Safety Precautions

To be safe, cover a few ground rules before getting started in the kitchen. Teach kids to wash their hands with warm, soapy water while singing two choruses of "Happy Birthday" to kill all germs.

## Teaching Basics

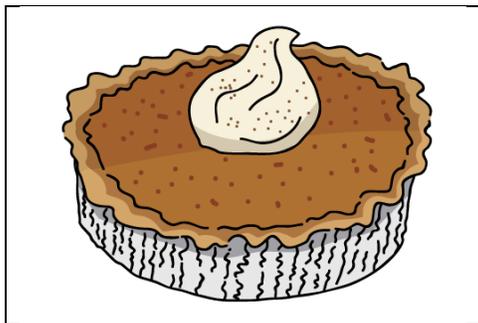
To begin cooking, teach your child the basics, such as cracking an egg or gathering the ingredients for a favorite holiday recipe. Convey to your child the importance of measuring the correct amount of each ingredient and the different types of utensils you need to use.

## Look Who's Cooking!

- To keep your children enthusiastic about cooking, assign tasks of a holiday recipe they are able to prepare based on their abilities. Here are some ideas depending on your child's age:
- Five and six year olds: stir instant pudding, snap green beans, prepare lettuce for a salad, press cookie cutters, pour liquids into batter
- Seven and eight year olds: rinse vegetables, shuck corn, mix and shake ingredients, beat eggs, measure dry ingredients
- Nine and ten year olds: knead bread dough, stir hot mixtures, blend batters, broil foods in toaster oven, cut foods with a table knife
- Children age ten and older: slice or chop vegetables, boil potatoes, microwave foods, bake foods in the oven, simmer ingredients on the stove.

- Remember to allow your child to gradually master cooking methods. Start with simple techniques like rolling dough, using a cookie cutter or spreading frosting. Give your child time to work his or her way up to completing the entire cookie making process, from pouring liquids into batter to baking them in the oven. Explain different methods for cooking and their purpose, such as baking versus broiling and how you would cook different dishes.





## 'Good for You' Holiday Foods

You know that lower-fat foods are the wisest choices no matter what time of year. But the benefits of holiday fare don't end with fruit, vegetables, and whole grains.

Many holiday foods that people think they should avoid are actually healthy in small amounts.

As long as you mind your portions, these perennial favorites are wise choices. For fewer calories, prepare them with an artificial sweetener used in cooking, such as Splenda. Here's what they have to offer, besides calories:

### Applesauce and Apples

Heart-healthy fiber does indeed keep the doctor away. Look for unsweetened applesauce to get the fiber without the sugar. Bake apples with the skin to get a potent flavonoid called quercetin, which helps prevent heart disease.



### Cheese

You get the most bone-building calcium and protein from hard cheeses.

### Cranberry Sauce (Unsweetened)

Cranberries spell trouble for bacteria that cause most urinary tract infections. If you like sweet cranberries, add a minimal amount of sugar, or artificial sweetener.

### Dark Chocolate

Seventy percent dark chocolate contains the most flavonols -- helpful plant substances that help decrease cholesterol.



### Green Beans

Naturally low in calories, string beans are loaded with vitamin K, which helps protect your bones. Also, a good source of vitamin C and vitamin A. But skip heavy sauces with this

veggie. Try beans lightly tossed with olive oil and lemon.

### Nuts

Nuts are chock-full of heart-healthy unsaturated fat, vitamins, minerals, and phytonutrients.

### Pumpkin Pie

This rich orange vegetable contains carotenoids for making vitamin A in

the body and fighting free radicals. Pumpkin is also a good source of potassium and fiber. Beware: most pies are loaded with sugar. Use artificial sweetener instead of sugar for a lower calorie dessert.

### Yams/Sweet Potatoes

Yams offer carotenoids, potassium, vitamin C, and fiber. Candied yams are high in sugar. Bake with a bit of brown sugar, or with artificial sweetener, for the taste without the calories.

