

Nutrition News

Happy New Year!!

It is that time of year again! Can you believe it?

We have made it through another year! Happy 2022 to all of you! Many of you know this is the time of year I like to review a few tips for getting you through the holidays and into the new year without stressing your body out. So many of us unfortunately suffer from health conditions that prevent us from celebrating (at least with food and drink) like we used to, but that does not mean you do not get to enjoy the celebrations just the same! Follow some simple steps that are listed below to keep your health in check. Most importantly though, remember to go easy on yourself. If you overindulge, just reset, make your next meal healthy, take an extra walk that day and move on. No one is perfect and you do not deserve to punish yourself for enjoying the holiday celebrations. I hope you find the recipe below helpful should you decide to contribute a colorful, healthy dish to a gathering this year. It is from delish.com and is one of my very favorites. Enjoy!! And Happy New Year from my family to yours.

Holiday Roasted Vegetables (this recipe makes about 4 servings)

Ingredients-3/4 cup brussel sprouts, trimmed and halved; 2 large carrots, peeled and sliced; 2 Tbsp of extra virgin olive oil; 1 Tbsp of balsamic vinegar; 1 tsp rosemary, 1 tsp of thyme; 1/2 cup toasted pecans (or any nut you prefer); 1/2 cup dried cranberries

Directions-Preheat oven to 400 degrees, scatter vegetables on a large baking sheet. Toss with oil, balsamic vinegar, rosemary, and thyme. Bake for 20-25 minutes, until the vegetables are fork tender, shaking the pan halfway through. Before serving, toss roasted vegetables with pecans and cranberries! So colorful and absolutely delicious!!!

1

THINK COLOR

The more color you add to your dinner plate the healthier it will be! Try to make half of your plate fruits and vegetables.

2

CHOOSE DRINKS WISELY

Choose seltzer, diet or other non caloric beverages so you are not adding unnecessary empty calories. If you choose to drink alcohol, do so in moderation and for every glass of alcohol follow it with a glass of water.

3

EAT UNTIL SATISFIED, NOT STUFFED

Enjoy your favorite foods, but it is never necessary or comfortable to eat until you are stuffed. Moderation is key.