



Healthy Holiday Tips

The holidays are right around the corner! You and your family can make this a season of celebration with these healthy holiday tips:

Healthy Cooking Tips:

- Replace butter or other fat in baking with apple sauce, nonfat or low-fat plain yogurt.
- Use low fat cream cheese (Neufchatel) instead of cream cheese, 1% cottage cheese instead of Ricotta cheese, or skim-milk instead of whole milk cheese.
- Use non-stick cookware to reduce the amount of oil or vegetable spray you use.
- Replace some of the bread in your stuffing with chopped vegetables and dried fruit like prunes or raisins.

Other Ways to Make This a Healthy Season:

- Decorate your holiday table with a colorful selection of seasonal vegetables.
- Don't skip breakfast or lunch, you will be less likely to overeat.
- Take smaller portions of a few, select items at the buffet table.
- Eat slowly and enjoy the flavors of the food!
- Wait 20 minutes before another visit to the buffet table. It can take your body this long to register that you are full.
- Serve light appetizers like carrot and celery sticks and other chopped vegetables.
- Make physical activity a priority during the holidays. Get at least 30 minutes or more of exercise most days of the week for adults, 60 minutes for children. Turn off the TV and play ball or hike with the kids.

Source: http://www.cdc.gov/nccdphp/dnpa/spotlights/holiday_tips.htm

Apple Glazed Sweet Potatoes

Ingredients:

- 2½ cups unsweetened 100% apple juice
- ½ teaspoon cinnamon
- ¼ teaspoon salt
- 2 sweet potatoes, peeled and thinly sliced

Directions:

1. Combine apple juice, cinnamon and salt in a large skillet.
2. Add sliced sweet potatoes and bring to a boil over high heat.
3. Reduce heat slightly and simmer.
4. Stir occasionally for 20–25 minutes or until potatoes are tender and juice has been reduced to a glaze.
5. Serve warm.

Nutrition information per serving: Serving size 1/2 cup
Calories: 145, fat: 0g, protein: 1g, carbohydrates: 35g, fiber: 8g, sodium 185mg

Source: <http://www.harvestofthemonth.com/> Family Newsletter

Oven Roasted Vegetables

Ingredients:

- 2 tablespoons vegetable-oil
- 1 tablespoon lemon juice
- 1/2 teaspoon dried herbs
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 3 cups cut-up fresh vegetables (such as potatoes, broccoli, carrots, cauliflower, or red peppers)



Directions:

1. Preheat the oven to 450 degrees.
2. In a small bowl, mix the oil, lemon juice, herbs, salt and pepper.
3. Wash, peel, and cut the fresh vegetables to get 3 cups cut-up vegetables.
4. Spread vegetable on pan.
5. Coat the vegetables with the oil mixture.
6. Bake for 20 minutes. Stir after the first 10 minutes of baking.
7. Serve the vegetables while they are still hot.

Nutrition information per serving: Serving size 1/2 cup
Calories: 70, fat: 5g, saturated fat: .5g, protein: 1g, carbohydrates: 7g, fiber: 1g, sodium 110mg

Source: http://recipefinder.nal.usda.gov/index.php?mode=display&rec_id=459

Apple Crisp

Ingredients:

- 4-5 medium apples
- 1/4 cup quick cooking oats
- 1/4 cup flour
- 1/2 cup brown sugar
- 1 tablespoon cinnamon
- 1/4 cup margarine (no trans fat)

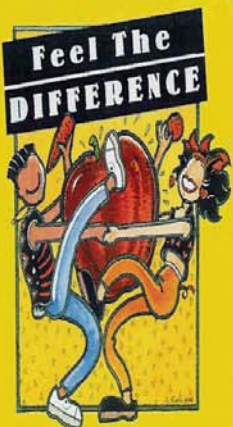


Directions:

1. Preheat oven to 350 degrees F.
2. Grease bottom and sides of a square pan
3. Remove the cores and slice apples. Spread apples on the bottom of the pan.
4. Cut the margarine into small pieces and put in a medium-sized bowl, add oatmeal, flour, brown sugar and cinnamon.
5. Using two knives, cut the margarine into the mixture until it looks like small crumbs
6. Sprinkle margarine mixture over apples
7. Bake in the oven for about 20 minutes

Nutrition information per serving: Serving size 1/8 of recipe
Calories: 160, fat: 6g, saturated fat: 1g, protein: 1g, carbohydrates: 28g, fiber: 2g, sodium 50mg

Source: http://recipefinder.nal.usda.gov/index.php?mode=display&rec_id=373



*Eat Healthy!
Be Active!*

7 HEALTHY HABITS FOR EVERYBODY

Feast on Fruits & Vegetables

Move it! Improve it!
Be Active

Supercharge Your Day!
Eat Breakfast

Be Fiber Fit! Eat Beans & Whole Grains

Lighten Up on Sugar, Salt & Fat

Quench Your Thirst with Water

Power Up - Follow the Food Pyramid

A Nutrition Campaign by the County of Marin
Dept. of Health & Human Services.
Sponsored by the California
Dept. of Health Services
& funded by the U.S. Dept. Of Agriculture.
These institutions are equal opportunity providers.



Nutrition Wellness Program News

FEAST ON FRUITS AND VEGETABLES

Harvest of the Month featured fruit for December is Sweet Potato

- Choose firm, dark, dry, smooth sweet potatoes without blemishes. One decayed spot can make the entire sweet potato taste bad, even when cut away.
- Replace baked potatoes and fries with baked sweet potatoes. Your child will think it's dessert.
- Do not wash sweet potatoes until you are ready to cook them, as the moisture makes them spoil faster.
- At normal room temperature, sweet potatoes should be used within a week of purchase. If stored properly, sweet potatoes will keep for a month or longer.

For more ideas, visit www.harvestofthemonth.com or www.co.marin.ca.us/nutritionwellness



Building a Healthy Latino Community

The Nutrition Wellness Program (NWP) is developing a plan to outreach to low income parents and families from the Canal area and Bahia Vista School. The kick off event was **International Canal Health and Safety Day** at Bahia Vista School in October, where 170 people visited the NWP booth. A delicious taste test featured salsa, arugula, and alfalfa sprouts with cheese and crackers. Participants played "psychic fruit and vegetable reader", a game teaching the importance of phytonutrients in colorful fruits and vegetables. This event was part of a week-long Latino Binational celebration with events all over Marin County.



Canal Health & Safety Day

In the Spotlight: Garden of Eatin' - North Bay Children's Center



Corn munching

The Garden of Eatin' Project of North Bay Children's Center (NBCC) is a best-practice nutrition education program to promote more consumption of fruits and vegetables and physical activity in Early Childhood Education Centers.

The goal is to train the taste buds of young children to enjoy eating a wide variety of fruits and vegetables. It is critical to teach children at this early age. The best teacher is the garden itself, which is truly a 'garden for eatin'! Much of the produce grown is bite-sized, so children can pick and eat right off the vine!

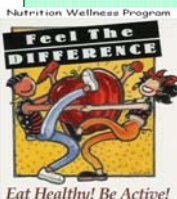


Prized Cucumber

The project's success is reflected in the changing taste buds of students. "My three year old only wants to eat broccoli now" said an NBCC parent about the Garden of Eatin'!

Plans for the coming year include continued training for teachers and parents in nutrition education and physical activity, working with pre-school food services to provide more fresh produce and setting up a website.

Note: Marin Head Start and Marin County Children's Development Program are also Garden of Eatin' participants.



The Marin County Department of Health and Human Services' Nutrition Wellness Program works to promote healthy eating and physical activity behaviors in a community where the environment and policies supports those behaviors. We work collaboratively with like-minded programs and agencies, school communities and organizations by providing nutrition and physical activity training, technical assistance and educational resources and materials.

This material was funded by USDA's Food Stamp Program through the California Department of Public Health's Network for a Healthy California. These institutions are equal opportunity providers and employers. The Food Stamp Program provides nutrition assistance to people with low income. It can help buy nutritious foods for a better diet. For information on the Food Stamp Program, call 1-888-328-3483