



December 2017

## Prevent holiday weight gain

**1. Keep moving.** Physical activity is key to weight management. It's not only good for your body, it's good for your mind in this often stressful season. If you can't make it to the gym, bundle up and go for a brisk walk. Remember to bring your water bottle. Even though it may be cold outside, you still need to stay hydrated. Try to be active for at least 2½ hours a week. Encourage kids and teens to be active for at least 1 hour a day.

**2. Don't arrive hungry.** Planning ahead can help you manage the excess of temptations at a holiday party. Have a healthy snack before leaving the house. Eat an apple or two or three juicy clementines to stave off hunger. If you're going to the party straight from work, drink a glass of water upon arriving to fill you up to avoid filling up on calorie-rich treats.

**3. Watch portion size.** While you have been looking forward to Aunt Janice's stuffed shells all year long, you don't have to prove your love by eating an entire plateful at the holiday dinner. As a general rule, keep entrée portions to about the size of a playing card and (politely) decline second helpings. This is especially true for dessert. Slowly savor one thin slice of pumpkin pie with only a smidgeon of whipped cream.

**4. Fill up on fruits and veggies.** Colorful, flavorful fruits and veggies are your best ally for healthy holiday eating. They will help fill you up with relatively few calories. When making choices at the buffet table, limit meat or cheese dishes to about one-quarter of your plate. Reserve the rest of your plate for salad, roasted veggies and whole grains. And it's OK to help yourself to the grapes or kiwi slices decorating the serving dishes. Enjoy.

## QuickTakes



### Drink for Your Health

Water is your number one choice for hydration. Good old H<sub>2</sub>O has zero calories, which means it won't add to your daily calorie intake. Drinking water before, during and after workouts may help with muscle performance. Water is also a major component of body fluids that move nutrients from the food you eat into your cells.

Stay hydrated throughout the busy holiday season. It might even help prevent putting on a couple extra holiday pounds. This month's newsletter looks at smart ways to prevent holiday weight gain.

**5. Consider the calories before you sip.** You may have made smart, calorie-wise choices at the buffet table. Just don't let your chosen beverage be your undoing. Calories climb quickly as alcohol content rises. Consider this:

- A jigger (1.5 ounces) of rum, vodka or other spirit will add nearly 100 calories to your cocktail.
- A 5-ounce glass of wine contains about 125 calories.
- A 12-ounce bottle of light beer with an ABV (alcohol by volume) level around 4% delivers about 100 calories. A 12-ounce regular beer (ABV about 5%) has about 150 calories. A high-alcohol beer (ABV 6% and higher) can deliver 200 or even 300 calories in a single 12-ounce bottle. Read labels before drinking and limit consumption overall.

Calories can pile up with sugary, non-alcoholic drinks, too. Sugar-sweetened beverages like carbonated beverages, sweetened teas and energy drinks are the leading source of added sugar in the American diet, according to the CDC. Limiting them can help you maintain a healthy weight. A glass of cold seltzer or club soda with a slice of lemon will quench your thirst without adding a single calorie to your daily total.

Sources:

*Healthy Eating for a Healthy Weight: Cutting Calories, CDC. Updated 5/15/2017*  
[https://www.cdc.gov/healthyweight/healthy\\_eating/cutting\\_calories.html](https://www.cdc.gov/healthyweight/healthy_eating/cutting_calories.html) (Accessed 9/12/2017)

*Healthy Eating for a Healthy Weight: How to Use Fruits and Vegetables to Help Manage Your Weight. CDC. Updated 11/29/2016*  
[https://www.cdc.gov/healthyweight/healthy\\_eating/fruits\\_vegetables.html](https://www.cdc.gov/healthyweight/healthy_eating/fruits_vegetables.html) (Accessed 9/12/2017)

*Healthy Eating for a Healthy Weight: Rethink Your Drink. CDC. Updated 9/23/2015*  
[https://www.cdc.gov/healthyweight/healthy\\_eating/drinks.html](https://www.cdc.gov/healthyweight/healthy_eating/drinks.html) (Accessed 9/14/2017)

## White Bean Dip with Red Pepper Swirl Makes about 2½ cups

Don't be shocked that the first ingredient for this festive dip is two heads (not cloves) of garlic. The garlic is roasted to a mellow sweetness in the oven and won't overpower the other flavors. If you can find them, roasted, smoked Spanish piquillo peppers are especially good here.

Serve the dip with cut vegetables such as carrot sticks, sliced bell peppers, sliced cucumbers and fresh fennel wedges.



### INGREDIENTS

- 2 heads garlic
- 1 15-oz. can low-sodium white navy or cannellini beans, rinsed and drained
- ¼ cup fat-free plain Greek yogurt
- Juice of 1 lemon
- 2 tablespoons olive oil, plus extra for brushing
- 1 7-oz. jar roasted red peppers, rinsed and drained

### DIRECTIONS

1. Preheat oven to 350°F. Slice tops off garlic heads. Brush the exposed cloves with olive oil. Wrap the heads in aluminum foil. Bake until soft, about 40 minutes. Refrigerate until cold.
2. Combine beans, yogurt, lemon juice and olive oil in a blender or food processor. Pop out the roasted garlic cloves from the head and add to the beans. Process until smooth. Transfer to a shallow serving bowl. You can prepare the bean purée 2 days in advance. Cover and refrigerate.
3. Rinse out the blender or food processor. Add the drained peppers and purée until smooth. Transfer the purée to a plastic sandwich bag. Snip one corner of the bag and pipe the purée in a pretty spiral pattern on top of the bean purée before serving.

### NUTRITIONAL INFORMATION

46 Calories  
 2 g Fat  
 0.5 g Saturated fat  
 2 g Protein  
 4 g Carbohydrates  
 1 g Fiber  
 98 mg Sodium