



December 2023



## Healthy Eating Tips for the Holidays

The holidays are a busy time of year and filled with many annual celebrations. For many people, the holidays mean spending with family and friends and celebrate the joys in life. Some even may view this year as an opportunity to make up for canceled or postponed holiday gatherings during the COVID-19 pandemic. Gatherings often includes special foods and temptations. But fat and calories can easily add up as you enjoy your favorite traditional holiday foods. Remember that the holidays don't need sabotage your healthy diet habits.

### Start The Day With A Healthy Breakfast.

A healthy breakfast will fill you up and give you a healthy mindset for the day.

### Make Fruits And Vegetables Part Of Your Holiday Plate.

Making fruits and vegetables part of your holiday plate can help you to decrease your overall calorie intake and increase fullness

### Choose nutritious cooking methods

Find ingredient substitutions and recipe makeovers that can boost the nutrition of your holiday recipes.

### Add exercise to the calendar

Schedule time for physical activity that you enjoy. This will help not only burn calories but may help decrease stress too!

### Remember to hydrate

It can be easy to forget to drink water once you get busy! Make a goal and take your favorite water bottle to go to keep you on track!



# Healthy Holiday Eating

## Wellness Tips

- Prioritize "me time"
- Practice Self-Control When it comes to Food
- Be mindful of Your Alcohol Consumption
- Get Plenty of Sleep
- Enjoy Quality Time With Loved Ones
- Plan Ahead to Avoid Last Minute Stress
- Stick to Your Budget

## Keep Moving

You've got a lot on your plate this time of year, and physical activity can get crowded out. But being active is your secret holiday weapon; it can help make up for eating more than usual and reduce stress during this most stressful time of year. Get moving with friends and family, such as taking a walk after a holiday meal.

## Fit in Your Favorites

No food is on the naughty list. Choose the dishes you really love and can't get any other time of year, like Aunt Edna's pumpkin pie. Slow down and savor a small serving, and make sure to count it in your meal plan.

## Recipe Ingredient Swaps;

Swap Out: Refined Grains, Swap in Whole Grains. Use whole wheat flour in place of all purpose.

Swap Avocado for Butter: works best for recipes that are made with chocolate such as brownies or cookies.

Swap Greek Yogurt for heavy cream, sour cream, or cream cheese. This is lower in fat and higher in protein and still provides creaminess.

Swap flax seeds for eggs. 1 tbsp of flax mixed with 2.5 tbsp warm water will replace one egg.

# Healthy Gingerbread Breakfast Cookies



## Instructions

- Preheat oven to 350 + prepare a lined cookie sheet with parchment paper or a silpat liner.
- In a large bowl mix together dry ingredients.
- Add in wet ingredients + stir until everything is mixed
- Drop cookie dough by one tablespoon balls on the baking sheet.
- Bake for 15 minutes + allow to cool.
- Store in an airtight container + enjoy!

## Ingredients:

- 1 cup Old fashioned Oats
- 1 tsp Cinnamon
- 1 tsp Ground Ginger
- 1/2 cup Applesauce
- 2 T Coconut oil
- 2 T Molasses
- 1 egg

## Nutrition Facts

66 Calories  
1 gm Protein  
3 gm Fat  
2 gm Saturated Fat  
1 gm Fiber  
7 mg Sodium

Why we love gingerbread breakfast cookies???

- Portable – Think oatmeal.. but in grab + go form
- Low Sugar – These have 4g of sugar per cookie, which is super minimal
- Delicious – They taste festive while not being loaded with sugar and calories
- Easy to make – SO simple to make. These are the perfect recipe to get your kids in the kitchen, or to make for yourself quickly!

Questions or interested in  
Nutrition Counseling?  
Give me a call!

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# December 2023

## Chemung County Department of Aging and Long Term Care Eat Well Live Well Program

Mon	Tue	Wed	Thu	Fri
				1 Chicken Florentine
4 Roasted Pork with Gravy	5 Chili Con Carne	6 Meatloaf with Gravy	7 Beef Burgundy	8 Chicken Cordon Bleu
11 Stuffed Peppers	12 Sweet and Sour Chicken	13 Pulled Pork Sandwich	14 Swiss Steak	15 Bbq Chicken Breast
18 Sloppy Joes	19 Scalloped Potatoes and Ham	20 Chicken & Biscuit	21 Turkey Burger	22 Chicken Parmesan
25 Closed for the Holiday	26 Hot dog with Meat Sauce	27 Tuna Noodle Casserole	28 Philly Cheesesteak	29 Chicken Nuggets

Menu Subject to change without notice

**Reservations required at least one day in advance.**

**Make a reservation with your site manager or call 607-737-5520 to sign up.**