

STAYING HEALTHY AS

December

WE AGE

2025

www.chemungcountyny.gov

607-737-5520

SAVOR THE SEASON WITH SMART EATING

The holidays are here! That means more celebrations, more activity—and often, less routine when it comes to meals and exercise. The good news? You can still enjoy the season while keeping MyPlate's golden rule in mind: make half your plate fruits and veggies to lower calories and eat healthier.

Here's how to make that happen during the busy holiday rush:



1. Start with veggies on your appetizer plate 🥕

Fill at least half your plate with vegetables. You'll save big on calories:

💡 Tip: Visualize your plate before snacking. When you're out shopping and tempted by those giant pretzels, cookies, or cinnamon rolls—remember, those treats often fill a whole dinner plate! Instead, pack an apple or choose a healthier snack from the food court.



2. Balance dessert with fruit 🍓

Instead of loading up on pie, brownies, and cookies, fill half your dessert plate with fresh fruit. Then, enjoy a small piece of your favorite treat.

💡 Tip: Bring a beautiful fruit salad to share—it adds color and gives everyone a lighter option!

Eat a light snack before events 🥗

It's not always easy to control portions at parties, so have a MyPlate-style snack before you go. A small salad and a piece of fruit will curb hunger and help you make smarter choices when you arrive.

🌟 This holiday season, enjoy the flavors, the company, and the celebrations—just remember to make half your plate fruits and veggies!





Wrap Your Holidays in Wellness: The Perfect Present to Give Yourself



Appetizers

Swap cheese dips for hummus or Greek yogurt dips with veggie sticks.
Trade buttery crackers for whole-grain crackers or cucumber rounds.

Main Dishes

Choose roasted or baked meats instead of fried.
Try herb rubs and citrus marinades in place of heavy gravies.



Sides

Use mashed cauliflower or half cauliflower-half potatoes instead of all mashed potatoes.
Add ½ cup of mashed white beans to your mashed potatoes for a creamy taste!
Roast veggies with olive oil and herbs rather than using cream sauces.
Opt for whole-grain stuffing with added fruits and veggies (like apples, celery, and cranberries).

Breads

Serve whole-wheat rolls or smaller portions of bread with olive oil instead of butter.

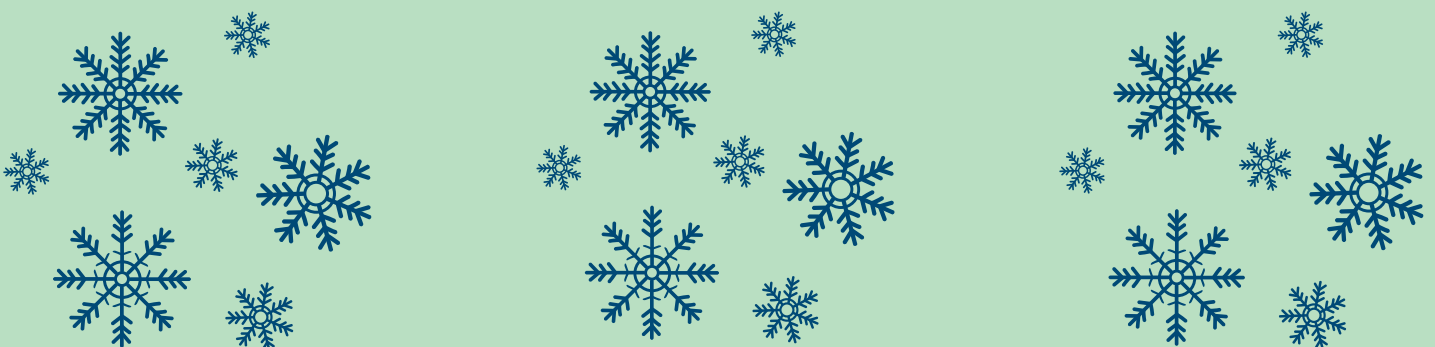
Desserts

Choose fresh fruit parfaits, baked apples, or dark chocolate-dipped strawberries instead of pies and cookies.

When baking, reduce sugar by ¼ and use unsweetened applesauce or Greek yogurt for moisture.

Drinks

Replace sugary cocktails with sparkling water + splash of juice + fresh fruit.
Choose light eggnog or almond milk "nog" with nutmeg.





Rosemary Pecan Sweet Potato Bake

Servings: 4

Directions

1. Preheat oven to 375°F. Lightly grease a small baking dish.
2. Prepare sweet potatoes: Peel, cube, and boil until tender (10–12 minutes). Drain and mash until smooth.
3. Stir in maple syrup, cinnamon, vanilla, butter, and hot honey (if using). Spread evenly into the baking dish.
4. Make the crumble: In a small bowl, combine flour, oats, pecans, brown sugar, rosemary, cayenne, and melted butter. Mix until crumbly.
5. Sprinkle topping evenly over the sweet potato layer.
6. Bake for 20–25 minutes, until the topping is golden and crisp.

- 2 medium sweet potatoes (about 1 lb total)
- 1/8 cup pure maple syrup
- 1/4 teaspoon ground cinnamon
- 1/4 teaspoon vanilla extract
- 2 tablespoons light butter or margarine
- 2 teaspoons hot honey (optional for a sweet-heat twist)

Crumble Topping

- 1 tablespoon whole wheat or all-purpose flour
- 2 tablespoons old-fashioned oats
- 2 tablespoons coarsely chopped pecans
- 2 teaspoons light brown sugar
- 1/2 teaspoon finely chopped fresh rosemary
- Dash of cayenne pepper (optional, for balance)
- 1 tablespoon light butter or margarine, melted

Nutrition

216 calories, 11 g fat,
5g saturated fat, 0 mg trans-fat,
30 mg sodium,
28 g carbohydrates, 3g fiber,
2 g protein

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Chemung County Department of Aging and Long Term Care
Eat Well Live Well Program
December 2025

Mon	Tue	Wed	Thu	Fri
1 Meatloaf	2 Turkey Cheeseburger	3 Chicken Florentine	4 Fish Sandwich	5 Roasted Pork Chops w/ Sauerkraut
8 BBQ Baked Chicken	9 Ham with Raisin Sauce	10 Mediterranean Beef	11 Fish Nuggets	12 Pulled Pork Sandwich
15 Salisbury Steak	16 Sausage, Egg And Cheese Muffins	17 Meatball Sandwich	18 Macaroni & Cheese	19 Hamburger
22 Sweet & Sour chicken	23 Pork Chops w/ Caramelized Onions	24 Christmas Dinner Lasagna	25 Closed 	26 Closed No MOW or congregate meals
29 Sausage, Pepper & Onion	30 Mushroom Swiss Burger	31 French Toast		

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.