

# HEALTHY LIVING

Shared with you by Wholehearted Counseling, LLC & Sheryl Brickner PhD



## HOLIDAY HEALTH TIPS: From CDC

### 1. Holiday-Proof your Plans

Eat close to your usual times to keep your blood sugar steady. Don't skip meals to save up for a feast. It will be harder to manage your blood sugar, and you'll be hungry and more likely to overeat. If you slip up, get right back to healthy eating with your next meal.

### 2. Outsmart the Buffet

Have a small plate of the foods you like best and then move away from the buffet table. Start with vegetables to take the edge off your appetite. Eat slowly. It takes at least 20 minutes for your brain to realize you're full. Avoid or limit alcohol.

### 3. Fit in 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.

### 4. Keep Moving

Make being active 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.

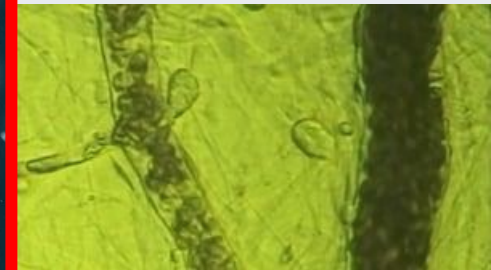
### 5. Get Sleep

Going out more and staying out later often means cutting back on sleep. Sleep loss can make it harder to manage your blood sugar, and when you're sleep deprived, you'll tend to eat more and prefer high-fat, high-sugar food. Aim for 7 to 8 hours per night to guard against mindless eating.

November &  
December 2022

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# ROASTED BRUSSELS SPROUTS WITH POMEGRANATE AND HAZELNUTS

FROM FOOD NETWORK MAGAZINE

COURTESY OF BOBBY FLAY

## INGREDIENTS:

- 1- & 1/4-pounds Brussels sprouts, trimmed and halved
- 2 tablespoons canola oil
- Kosher salt and freshly ground pepper
- 3 tablespoons pomegranate molasses
- Seeds from 1 pomegranate
- 1/2 cup coarsely chopped toasted hazelnuts
- Finely grated zest of 1 lime
- 1 tablespoon finely grated orange zest

**SERVES 4-6**

## CHEF NOTE:

This is a dish that will add to the Christmas table and spirit!

## INSTRUCTIONS:

1. Preheat the oven to 375 degrees F.
2. Put the Brussels sprouts in a medium roasting pan; toss with the canola oil and season with salt and pepper.
3. Roast in the oven until light golden brown and a knife inserted into the centers goes in without any resistance, about 45 minutes.
4. Transfer the sprouts to a large bowl and add the pomegranate molasses, pomegranate seeds, hazelnuts, and lime and orange zests.
5. Season with salt as needed.



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