

# SENIOR NUTRITION NEWS

*Eat Smart Idaho*

*December 2020*

## Healthy Eating & Fitness Tips for the Holidays

This time of year can be challenging with treats and special foods constantly around. Here are some tips that can help you manage these challenges during this holiday season:

- Don't skip meals to save up for a feast. You will be really hungry and more likely to overeat.
- Start with vegetables to take the edge off your appetite.
- No food should be on the naughty list. Choose the dishes you really love that you can't get any other time of year, like Aunt Edna's pumpkin pie. Slow down and savor a small serving. If you plan for it, no food needs to be on the naughty list.
- When celebrating have a small plate of the foods you like best and then move away from the food table.
- Eat slowly. It takes at least 20 minutes for your brain to realize you're full.
- Keep Moving. Being active can help make up for eating more than usual and help reduce stress during. Get moving with friends and family, such as taking a walk after a holiday meal.
- Aim for 7 to 8 hours of sleep per night.
- Most of all, remember what the season is about—celebrating and connecting with the people you care about. When you focus more on the fun of the season, it's easier to focus less on the food.



**HAPPY HOLIDAYS!**

## Yogurt Mashed Potatoes

4 cups potatoes, peeled, cut into eighths (about 2 pounds as purchased)  
¼ cup fat-free milk  
1¼ cups plain fat-free yogurt  
4 green onions, sliced  
½ to 1 teaspoon garlic powder, or desired seasoning  
Pepper to taste  
Chopped fresh parsley



Place potatoes in microwave-safe dish. Add milk. Cover tightly and cook on high until potatoes are tender but not mushy, about 12 minutes. Meanwhile, combine yogurt, green onions, and garlic powder in a bowl. Remove potatoes from microwave, add yogurt mixture, and mash roughly. Season with salt and pepper and garnish with parsley.

## Holiday Fruit Parfait

Green grapes  
Strawberries

Kiwi  
Low-fat vanilla yogurt

Rinse fruit and pat gently with paper towels.  
Cut fruit into small 1 inch size pieces.  
Alternate layering yogurt with fruit in a clear glass.

### For Information on Eat Smart Idaho classes, contact the Nutrition Instructor in your county:

Panhandle: Benewah, Bonner, Boundary,  
Kootenai & Shoshone Counties      208-292-2525

North Central Idaho: Clearwater, Idaho, Latah,  
Lewis, & Nez Perce Counties      208-883-2267



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