



# UMRHN

UPPER MIDLANDS RURAL HEALTH NETWORK

## December 2016

### WISHING YOU A HEALTHY HOLIDAY SEASON

#### Tips for Making Healthier Holiday Choices



##### Give To Others

Spend time providing foods or preparing meals for those who may need a little help. Give food to a local food bank or volunteer to serve meals at a shelter during the holiday season.



##### Enjoy All The Food Groups At Your Celebration

Prepare whole-grain crackers with hummus as an appetizer; add unsalted nuts and black beans to a green-leaf salad; use low-fat milk instead of heavy cream in your casseroles. Share healthier options during your holiday meal.



##### Make Sure Your Protein is Lean

Turkey; roast beef; fresh ham; beans; and some types of fish, such as cod or flounder, are lean protein choices. When serving meats, trim away any fat before cooking. Go easy on the sauces and gravies—they can be high in saturated fat and sodium.

##### Cheers to Good Health

Quench your thirst with low-calorie options. Drink water with lemon or lime slices. Offer seltzer water with a splash of 100% fruit juice.

##### Bake Healthier

Use recipes with unsweetened applesauce or mashed riped bananas instead of butter. Try cutting the amount of sugar listed in recipes in half. Use spices to add flavor such as cinnamon, allspice, or nutmeg instead of salt.

##### Tweak the Sweet

For dessert, try baked apples with cinnamon and a sprinkle of sugar instead of apple pie. Invite your guests to make their own parfait with colorful sliced fruit and low-fat yogurt.

##### Make Exercise A Part Of The Fun

Make being active part of your holiday tradition. Have fun walking and talking with family and friends after a holiday meal. Give gifts that encourage others to practice healthy habits such as workout DVDs, running shoes, and reusable water bottles.

##### Enjoy Leftovers

Create delicious new meals with your leftovers. Add turkey to soups or salads. Use extra veggies in omelets, sandwiches, or stews. The possibilities are endless!

Source: ChooseMyPlate.gov

### UMRHN Community Members

- Catawba Community Mental Health Center ♦ Chester County Representative ♦ Chester County School District ♦ Chester Healthcare Foundation ♦ Chester Regional Medical Center ♦ Eau Claire Cooperative Health Center ♦ Fairfield County School District ♦ Fairfield Memorial Hospital ♦ Good Samaritan Medical Clinic ♦ J. Marion Sims Foundation ♦ John A. Martin Primary Health Care ♦ Mid-Carolina AHEC ♦ Midlands Technical College ♦ North Central Family Medical Center ♦ SC Department of Health and Environmental Control ♦ SC Office of Rural Health ♦ Springs Memorial Hospital ♦ York Technical College



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