



MINDFUL SCOOP

December 2021

Meth-Wick Community

Healthful Holidays

'Tis the season to eat, drink and be merry, but with all the holiday festivities it can be really hard to stick to your healthy habits. Here are a couple of recipes that are healthful and full of flavor to bring to your next pot luck and some tips and tricks to help you stick to your goals.

Recipe Ideas

Apple Pie Parfait

All the flavor of apple pie, but with less calories and a fun twist for dessert.



Squash & Pomegranate Salad

A perfect pot luck salad packed with lots of color and seasonal produce.



Tips and Tricks:

- ♦ Be picky at parties - scan all of the food choices and load your plate up with the healthiest options like veggies and hummus
- ♦ Contribute a healthy dish (like the recipes above!). This way you'll always know you'll have at least one healthy, tasty option
- ♦ Pick a small side plate instead of a large dinner plate to help with portion control
- ♦ Visit the people, not the food—move socializing away from the buffet to minimize mindless eating

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