

Have a Healthy Holiday Season

'Tis the season of little bites!

Appetizers, chocolates and holiday squares may seem harmless because they are bite-sized. Don't be fooled though. These foods can be high in calories, fat or sugar and can quickly add up.

It is important to celebrate the holidays with family and friends and what better way to do that than with food! Unfortunately, the holidays can become a time for over-eating and weight gain. It doesn't have to be that way! Focus on a healthy balance of food, activity, and fun.



Navigate the Holiday Food Table

- Survey party buffets before filling your plate. Choose your favorite foods and skip your least favorite. You don't have to eat something just because it's there.
- Pick one or two appetizers and then move away from the party table.
- Take small portions rather than loading up. Use a smaller plate. You will be more satisfied since it looks full.
- Load up on vegetables. Enjoy them with a little dip.
- Choose cut-up fruit or fruit skewers.
- Have whole grain crackers with small pieces of lower fat cheese.
- Limit deep fried or high fat items like breaded chicken, chicken wings, mozzarella sticks, higher fat cheese, cold cuts or nuts.



Practice Mindful Eating

You can still have holiday treats. The secret is to fully enjoy what you are eating.

- Allow yourself time to taste and enjoy every bite without feeling guilty. A small taste can satisfy your craving.
- Eat slowly and chew your food well. Put your fork down between bites.
- Stop eating when you are full or if you are not enjoying the food.

Food of the Month

Nuts are part of the Meat and Alternatives group in Canada's Food Guide. One serving is ¼ cup (60 ml) of shelled nuts.

Nuts are popular around the holiday season. They have fibre and healthy fats but also have a lot of calories so enjoy them in moderation. Reduce salt by choosing unsalted nuts or nuts in the shell.



Nuts keep for about twice as long in the shell as they do out of the shell.

Store nuts in a sealed container. They will keep for about 4 months in the fridge or about 8 months in the freezer.

In Your Sobeys Store

Looking for something to bring to a holiday potluck?

Call and order a fruit or vegetable tray from our produce department. Fruit and veggies are a perfect way to snack at an event without feeling guilty. It is a fresh take on entertaining!

White Kidney Bean & Pesto Dip

Serves 12

Ingredients:

2 cups	500 ml	White kidney beans, drained and rinsed
2 cloves		Garlic, minced
½ tsp	2 ml	Crushed red pepper flakes
⅓ cup	75 ml	Pesto
2 tbsp	30 ml	Olive oil
2 tsp	10 ml	Lemon juice
¼ tsp	1 ml	Pepper

Directions:

Blend all ingredients together in a food processor until smooth.

Tip:

Impress your guests by serving this in a red pepper. Cut the top off the pepper and remove seeds first.

Nutrition Information per Serving:

Calories	96
Fat	5 grams
Carbohydrate	9 grams
Fibre	3 grams
Protein	3 grams
Sodium	166 milligrams

Did you know?

It takes 20 minutes for your stomach to signal your brain that you've eaten enough. Eat until you are comfortable rather than stuffed". Don't feel you have to finish food you are not enjoying.

Chef's Corner

Healthy cooking is about making simple changes to recipes. You can lower fat, sugar, calories and salt by making small changes. You can also add more nutrients, such as fibre or calcium.

- Eat more vegetables and fruit by including them at all meals.
- Cook vegetables until they are tender-crisp not mushy.
- Roast vegetables to bring out their natural sweetness.
- Reduce portions of meat and have meat alternatives often.
- Boost recipes with healthy ingredients e.g., add wheat germ or flax to muffins or use milk instead of water in oatmeal.
- Turn up the taste by using herbs, spices or lemon juice. They boost flavour without adding calories.
- Reduce sugar slightly in recipes and flavor with sweet extracts like vanilla or sweet spices such as cinnamon, ginger, nutmeg or cloves.



Pharmacy Corner

During this busy holiday season, save time at the pharmacy with AutoFill Plus! We will automatically refill your medications when they are due and let you know when they are ready for pick up and when a doctor's renewal is needed. This means no more missed doses, less waiting time and fewer trips to the pharmacy. It's convenient and free!



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