

Nutrition Times

Nutrition Services



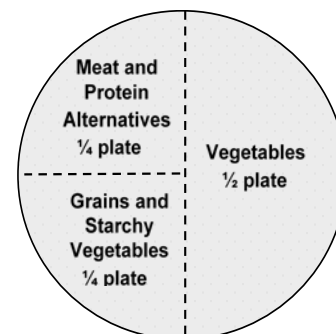
Enjoying the holidays without all the added calories

Christmas is right around the corner and it gives us the time to enjoy the company of others and indulge in food choices we might otherwise limit.

Food brings us together, starts conversations and gives people the opportunity to try something new. Whether it is a company party, neighbourhood potluck or family gift exchange, food is always present and enjoyed by all. It can be easy to exceed your daily calorie intake during this time. If you are looking to eat healthy, manage your weight and/or prevent the “turkey coma”, the below tips can help you achieve those goals while also enjoying those holiday favourites.

Holiday Eating Tips

- Continue to eat regularly by eating 3 meals per day with snacks
- Eat a small healthy snack before the party to curb your hunger
- If at a buffet choose a smaller size plate
- Eat slowly and when your satisfied put your plate away
- Watch portion sizes and stick to the healthy plate model below



Instead of ...

Try...

| | |
|----------------|---|
| Eggnog | Low Fat eggnog or 1/2 eggnog and 1/2 1% or skim milk |
| Juice | Water infused with fruit, mint or cucumber or carbonated water with a splash of juice |
| Pop | Flavored carbonated water |
| Salty crackers | Crispy pita triangles, flatbread, naan or melba toast |
| Mashed potato | Mashed potatoes with the skin on or mixing with sweet potato |
| Large desserts | Having smaller portions |

Healthy Holiday Ideas

- Fruit Salsa with cinnamon crisps
- Unbreaded shrimp with cocktail sauce
- Meatless chili
- Light cheese served with whole grain crackers
- Fruit platter with yogurt dip
- Vegetable platter with hummus
- Squash soup
- Fruit drizzled with chocolate

- Choose low calorie drinks such as water, sparkling water or diet pop. Limit alcohol and high sugar beverages
- Be aware of how much gravy/sauces being put on your food
- Include plant-based foods in your meal
- Be mindful of the amount of appetizers you consume and enjoy in moderation
- Enjoy your “must have” treats but decrease the portion size
- Have healthier options available for your guests or if at a potluck bring a healthier dish
- Skip the dark meat and remove any skin

Upcoming Nutrition Classes (most are free to attend)

Brooks

Infant Nutrition: Information on feeding babies 0-12 months.

Dec 4th, 11-12:30 p.m. at Brooks Public Library 323 1 St E.

Your baby is welcome! Register: 403-501-3315 or at <https://ahsbrooksnutrition.eventbrite.ca>

Toddler Nutrition and Picky Eating: Information on healthy eating for toddlers and tips for mealtime struggles.

Dec 5th, 6:30-8 p.m. at Brooks Public Library 323 1 St E. Register: 403-501-3315 or at

<https://ahsbrooksnutrition.eventbrite.ca>

Alberta Healthy Living Program Classes: Weight Management Ongoing. Register: 403-793-6659

Medicine Hat

Nutrition and Healthy Eating During Pregnancy: Find out about important vitamins and minerals, food safety,

prenatal weight gain and more! Dec 10th, 6-8 p.m. Register: 403-502-8215 or at ahsmedhatnutrition.eventbrite.com.

Infant Nutrition: Information on feeding babies 0-12 months.

Dec 3rd, 2:30 – 4:00 p.m. at Community Health Services, 2948 Dunmore Rd SE.

Your baby is welcome! Register: 403-502-1411 or at ahsmedhatnutrition.eventbrite.com

Alberta Healthy Living Program Classes: Diabetes, Weight Management, Healthy Eating to Reduce your Risk.

Ongoing. Register: 403-529-8969.

Lethbridge

Grocery Store Tour: Explore the mysteries of reading food labels while in the grocery store. Dec 14th, 1:30-4pm

Sobeys North 327 Bluefox Blvd N. Register at 403-388-6654

Baby Steps Infant Nutrition Ongoing. Register 403-388-6668.

Alberta Healthy Living Program Classes: Diabetes, Weight Management, Healthy Eating to Reduce your Risk.

Ongoing. Register: 403-388-6654.

Contact Information

If you have questions, contact your local Registered Dietitian at Community Health Services:

2948 Dunmore Rd. SE
Medicine Hat, AB
T1A 8E3

403-502-8200

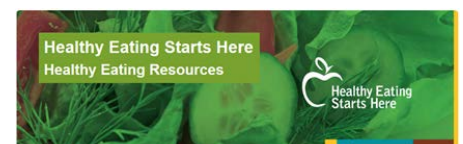
440 3rd Street East
Brooks, AB
T1R 1B3

403-501-3300

801 1st Avenue South
Lethbridge, AB
T1J 4L5

403-388-6666

For more information on this or other nutrition topics, go to www.healthyeatingstartshere.ca



Nutrition, Food, Linen & Environmental Services

