

DECEMBER NEWSLETTER

UBC School of Kinesiology | UBC Active Kids



HEALTHY HOLIDAY RECIPES:

Gingerbread Oatmeal:
<https://www.thesessionedmom.com/slow-cooker-gingerbread-oatmeal/>

Sweet Potato Casserole:
<https://ohsheglows.com/2014/11/04/sweet-potato-casserole-with-a-crunchy-nut-crumble-vegan-gf/>

Peppermint Black Bean Brownies:
<https://minimalistbaker.com/vegan-peppermint-black-bean-brownies/>

HOW TO EAT HEALTHY OVER THE HOLIDAYS

The holidays are a wonderful time to relax and spend time with family and friends. Festive gatherings can often include desserts, rich meals, and more servings of food than usual; however, by following these simple guidelines you can prioritize quality nutrition over the holiday season.

1. Portion Control:

Eat until satisfied and not stuffed. Try utilizing the "Healthy Plate" model outlined in the Canada's Food Guide to ensure you're eating a balanced meal - Fill your plate with a 1/4 starch or whole grains, 1/4 protein foods, and 1/2 from vegetables and fruit.

2. Nutrient-Dense Options:

In addition to your traditional recipes, provide new side dish options that are primarily fruits and vegetables. Add flavour by using herbs and spices, and healthy fats such as olive oil over butter. Great examples include roasted brussel sprouts, butternut squash, carrots and red onion... or try the sweet potato casserole recipe in this newsletter!

3. Try Healthful Baking Alternatives:

- Reduce sugar in your baking by using less or try alternatives with more nutrient value such as date sugar, blackstrap molasses, maple syrup or honey.
- Make recipes that contain some kind of fruit or vegetable such as apple crisp, pumpkin pie, or chocolate zucchini loaf.
- Use whole grain flour to increase the fiber and nutrient content of your baked goods. Examples include oat, buckwheat, spelt, or whole wheat.
- Moisten your baked goods with less oil and butter by using fruit and vegetable puree (from bananas, apples, dates, pumpkin and avocado). If you choose to moisten with fruit, it can also help reduce or eliminate the refined sugar needed in your recipe.
- Increase the omega-3 and fiber content by adding or substituting eggs with ground chia or flax seeds.