



NUTRITION NEWS

Nutrition and Education Programs

December 2023

MANY THINGS INFLUENCE OUR FOOD CHOICES, INCLUDING; FAMILY, PEERS, MOOD, HUNGER LEVEL, CONVENIENCE, STRESS, FOOD COSTS, SOCIAL ENVIROMENT, AND MORE.

TIPS FOR HEALTHY CHOICES DURING THE HOLIDAY SEASON

- Moderation is key. Enjoy your favorite treats supplemented with fruits, vegetables, whole grains, or other healthful choices.
- Going to a party? Bring a healthy dish
- Eat before you go. That way you won't overfill on goodies.
- Start with vegetables to take the edge off your appetite.
- Eat slowly, it takes 20 minutes for your brain to realize you're full.
- Remember portion control.



TIPS FOR BEING MINDFUL WHEN EATING

- Slow down during meals.
- Take small bites and chew thoroughly.
- Eliminate distractions. Turn off the TV and put your phone away.
- Come to dinner with an appetite, but not ravenously hungry.
- Be aware of how you feel while you are eating.
- Stop eating when you feel full.

CINNAMON RAISIN COOKIES

RECIPE FOUND AT WWW.DETOXINISTA.COM



INGREDIENTS:

- 1 cup creamy peanut butter or almond butter
- 1/3 cup honey or liquid stevia
- 1 egg
- 1 tsp cinnamon
- 1/2 tsp salt, baking soda
- 1/2 cup raisins,
- 1/2 cup unsweetened shredded coconut

INSTRUCTIONS:

1. Preheat oven to 350F, then in a medium bowl, mix together the first six ingredients until a smooth batter forms, then gently fold in the shredded coconut and raisins.
2. Using a tablespoon or cookie scoop, drop the batter onto a baking sheet lined with parchment paper.
3. Bake for 10 minutes, rotating the pan after 5 minutes, until cookies are golden brown around the edges.
4. Allow to cool on the pan for 10 minutes, then transfer to a cooling rack to cool completely.