



From the desk of the Registered Dietitian: Rachel Robinson, RD, Chief Clinical Dietitian



Healthy Holidays

The holidays have a special way of taking one or two days of unhealthy eating and turning it into an entire season of poor food choices and inactivity. Good food choices can improve your overall health by decreasing inflammation, keeping lean body mass strong, and even keeping your brain sharp. Here are some tips for how to use this holiday season to focus on good health.

Sugar Savvy

Those who have diabetes or any health conditions caused by inflammation should be extra mindful about their intake of added sugar. This can be especially challenging during the holidays because of the many cakes, cookies, and sweets offered at holiday time. If you want to indulge in a sugary treat, be sure to watch your portion sizes. Try to choose just one dessert and eat it slowly, savoring each bite.

Maintain Muscles

To keep muscles strong during the cold winter months, be sure you eat plenty of high quality protein. Protein is found in animal foods like meat, fish, poultry, dairy and eggs but also plant foods like tofu, soy, nuts, beans and legumes. If you have kidney disease, you may want to consult with your physician about the amount of protein in your diet.

Exercise will also help you to maintain your muscles this holiday season. Exercise can keep your brain sharp, improve balance to prevent falls, and may even improve your mood. You don't need to do all of your exercising at once, but be sure to do eat least 10 minutes of physical activity at a time. If walking isn't a safe option in the cold icy winter months, you can even do some exercises at home.

Simple Swaps

If you're watching your waistline this holiday, these simple swaps can save you calories, fat, and sugar.

Instead of this...

Ham steak
Candied sweet potatoes
Green bean casserole
Pecan pie

...eat this!

Roasted turkey breast
Baked sweet potato
Baked green beans
Pumpkin pie

The recommended voluntary contribution for a Friendship Center meal or a Home Delivered meal is \$3.00 per meal. If monthly income is higher than \$1,814 for an individual or \$2,455 for a couple, it is suggested that the contribution be the full cost of the meal: \$7.76 for a frozen meal or \$8.95 for a hot meal. Under 60 Friendship Site guests pay \$8.95. All contributions are voluntary and confidential. No one will be denied a meal if they do not contribute. Please make check Payable To **Ulster County**. Thank you!