

Holiday Helps from St. James Health Ministry

Now that we are facing the bounty of food that often comes with the holidays, are you worried about packing on pounds between now and the New Year? Don't be! You can **balance** your calories and still enjoy your holiday favorites.

Most importantly, don't let your exercise program take a holiday. The demands of the season may make it hard to stick to your workout routine, but always make exercise a priority. Aim for at least 30 minutes of exercise most days of the week. If you don't have a workout routine, there is no time like the present to get started. Walking is a great activity and the weather is pleasantly cool. Whatever activity you choose, you'll burn extra calories instead of storing them.

Holidays can fit into your healthy routine even though they offer an abundance - or overabundance - of food choices, large portions and alcohol. Just because you are trying to eat healthfully doesn't mean you need to avoid celebrations or accept a few extra party pounds. The secret is **moderation** and **balance**.

- ★ Eat small frequent meals throughout the day prior to the party
- ★ Drink a glass of milk or eat a piece of fruit beforehand
- ★ Make just one trip to the party buffet
- ★ Fill up on fruits, veggies and grain foods
- ★ Limit cookies, cakes and other holiday treats to smaller portions
- ★ Alternate alcoholic beverages with non-alcoholic drinks

Have a joyful celebration and an even happier day after.

Are you traveling for the holidays? Dashboard dining tips can make sure your travel plans aren't ruined by a bad case of food-borne illness. Ideas for safe and easy foods to take when you hit the road include:

- ★ Breads/grains: single-serving boxes of cereal, trail mix, energy bars, granola bars, bagels, crackers, and popcorn.
- ★ Fruits and Veggies: carrot and celery sticks or other cut up raw veggies, grapes, single-serve applesauce, whole fruit and juice boxes.
- ★ Dairy etc: Single-serve milk or soy beverage boxes and pudding cups.
- ★ Meat and other protein: cans of tuna, peanut butter (for sandwiches or with celery and apples) nuts and single serve peanut butter and crackers or cheese and crackers.
- ★ Bottles of Water.
- ★ Remember to use a cooler with ice or ice packs when transporting perishable food, including cut fresh fruits and vegetables.

Holiday meals usually provide more than enough food for leftovers, but need proper handling both when you serve your meal and when you pack it up afterward. Follow these tips to enjoy leftovers without worrying about food borne illness.

- ★ Store leftovers in shallow containers, two inches deep or less.
- ★ Refrigerate or freeze leftovers within two hours of cooking the food.
- ★ Remove turkey from the bone and store it separately from the stuffing and gravy. (Sliced breast meat, legs and wings may be left whole.)
- ★ Eat leftover turkey within three to four days. Eat stuffing and gravy within one to two days.
- ★ Always reheat leftovers to 165 degrees F.
- ★ When in doubt, throw it out!

Your Parish Health Ministers wish you a Healthy and Happy Holiday Season