Happy Healthy Holidays from KANC!

It's that time of year again - weekly indulgences at parties, cookies and candy set out everywhere, stressful shopping trips, and staying up late to ring in the New Year. These may seem like obstacles to staying healthy, but they are also what make December such a fun month. Keep in mind the reasons you are celebrating as you follow our tips for staying well throughout the season.

TIPS FOR A HEALTHY HOLIDAY SEASON

- Stay hydrated while celebrating. Have a glass of water for every glass of wine or cocktail you enjoy.
- Fill up with fiber to keep you full and satisfied. Try a comforting bowl of quick Tuscan Bean Soup (recipe next page) after a long day of holiday errands.
- Get 8 hours of sleep a night to help fight off any colds coming your way. Adequate sleep has also been shown to alleviate stress and prevent overeating.
- Enjoy treats in moderation by keeping portions small, eating them slowly and savoring the smell and taste of each bite.
- Make your calories count. Instead of eating the same chips and cheese cubes that are available year round, relish the special spinach dip and holiday fudge.
- Feel like you can’t keep up with your exercise routine with your busy schedule? Enjoy time with loved ones while sneaking in exercise by snow shoeing, taking the dogs on a hike, or having a good old fashioned snowball fight. Move a little every day!
- Weight gain is not inevitable. Aim to maintain.
Fiber Facts

Many foods have a combination of both soluble and insoluble fibers. Adding more fiber can be easy and the health benefits are plentiful!

- Soluble fiber allows for slower glucose absorption into the blood and may lower blood cholesterol levels. It also helps fill you up and keep you full longer! Examples of foods containing soluble fiber are apples, beans, oats, citrus fruits, and carrots.

- Insoluble fiber helps keep your digestion and stools regular. Examples of foods containing insoluble fiber are whole wheat products, wheat bran, quinoa, brown rice, nuts, and most vegetables.

Tuscan Bean Soup

½ pound turkey sausage
1 chopped onion
2 cloves of garlic
1 15 oz. can of cannellini beans, drained
1 14 ½ oz. can low sodium diced tomatoes
2 14 oz. cans low fat, low sodium chicken broth
1 teaspoon Italian seasoning
3 medium zucchini
4 cups fresh spinach leaves, chopped

In a Dutch oven or stockpot, cook sausage over medium heat until no longer pink. Drain off drippings. Add onions and garlic. Sauté until tender. Stir in beans, tomatoes, broth, seasoning and zucchini. Cook uncovered 10 minutes. Add spinach and heat until just wilted. Ladle soup into a mug or bowl and garnish with a sprinkle of parmesan cheese on top (optional).
Happy Holidays from the Kendall Anderson Nutrition Center Staff!

Thank you to all our loyal readers, visitors to our website, and supporters. Thank you also to those of you who live in Colorado and have attended our programs and facilities. We love what we do because of you!

Get Healthy in the New Year

Start planning now for a healthy 2013. To celebrate our 5-year anniversary in January, we will be offering two versions of our popular program *Healthy You: Weight Management and Mindful Eating*.

- Download our new pdf curriculum of 10 self-paced units that will help you lose weight by learning behavior change tricks, portion control, hunger/fullness, eating mindfully, menu and meal planning, and more.
- 10 on-campus weekly classes include the above topics in a group setting with social support, meeting with a registered dietitian, snacks, pedometers, prizes, and a hands-on cooking class. First class January 23rd at noon.
- Check our website for details after the first of the year.

Like us on Facebook for weekly nutrition tips.
Visit our website for more information!

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