



BLUE SKY PEDIATRICS ASHEVILLE

NEWSLETTER HEALTHY HOLIDAY EATING

Avoiding Extra Holiday Pounds

Extra pounds can be the most unwanted presents that we receive during the holidays. With childhood obesity on the rise, it is important to monitor our children's eating habits during the holidays. It is important not to let kids eat whatever they want during this festive time of year. Particularly, limit the number of sodas and sweetened drinks your children consume. Soda has little or no nutritional value and is loaded with caffeine and sweeteners. Instead, offer hot cider, diet sodas, and flavored waters. Don't over schedule the kids. This will result in stress which can lead to overeating and poor food choices. Be sure to plan some down time for your family. This will be good for you and your child to de-stress and enjoy the season. Keep healthy snacks handy for your kids during the holidays like keeping a large bowl of fresh fruit on the counter and cut veggies in the refrigerator. We are all busy this time of year, but try to plan at least one healthy meal every day and avoid running through a drive-through window to save time. As you plan your holiday baking, examine your recipes and look for ways to reduce fat and calories. For example, you could try using less butter or sugar in a cookie recipe and bake or grill your food instead of frying it. When holiday shopping, take along healthy snacks for you and your child. Granola bars, celery sticks, pretzels, and raisins all travel well. Encourage your child to eat smaller portions of food, especially at a buffet. This will let them try more variety of foods and they can go back to the buffet to have more of their favorite item.



Remind your child that instead of just randomly piling food on their plates, that they should be sure to choose the special holiday treats that are only available this time of year. Encourage exercise after a big meal by offering to go for a walk with your child to see the holiday displays in your neighborhood. Create new family traditions this year that don't center around eating. Some examples could be visiting elderly neighbors, walking around downtown looking at window displays to pick your favorite one, or seeing a holiday musical together. Don't obsess over every morsel your child puts in their mouths. This will only create tension. Allow the kids (and yourself) some treats during the holidays. Have a treat or two at your holiday gathering and then resume healthy eating and regular exercise when you arrive home.



Cooking with Cranberries



Studies show that cranberries are protect against heart disease and holiday season as a time to add

loaded with antioxidants and health-promoting properties, which help certain types of cancer. They are powerhouses of nutrition. Use the cranberries to your diet. Be sure to try these cranberry recipes:

Cranberry Punch—Combine equal parts cranberry juice, orange juice and diet white soda (diet Sprite or 7-Up). Mix well and serve immediately over ice.

Festive Cranberry Sauce—1 can of whole cranberries, 2 peeled, segmented chopped oranges (or canned mandarin oranges), 1 cup chopped pineapple, 1/2 cup chopped pecans, 1/2 can apple pie filling. Strain the juice from the canned ingredients. Stir all ingredients together in a festive bowl. Garnish with mint leaves and extra pecans.

Cranberry Salsa with Cookie Cutter Chips—1 lb. cranberries (fresh or frozen), 1 tart green apple (peeled & cut into chunks), 1 can (8 oz) mandarin orange segments, drained, 1 small red pepper (cut into chunks), 1 medium red onion (cut into chunks) 3/4 cup sugar (or Splenda), 1/2 cup apple juice, 1/4 cup cilantro, chopped, 1 tsp. lime zest. Put cranberries, apple, mandarin orange segments, red pepper & onion into food processor, pulse to chop (or dice finely). Transfer to a large bowl. Stir in remaining ingredients and mix well. Cover & refrigerate for a minimum of four hours. **Chips:** 1 package spinach tortillas (green), 1 package sun-dried tomato tortillas (red). Pre-heat oven to 400. Line baking sheets with foil. Using holiday cookie cutters, cut shapes from tortillas. Place on prepared sheets & bake 6-8 minutes until crispy. Cool on wire racks. Serve with salsa.

HAPPY HOLIDAYS TO YOU AND YOUR FAMILY.

**THANK YOU FOR ALLOWING BLUE SKY PEDIATRICS ASHEVILLE TO BE
PART OF YOUR LIVES THIS HOLIDAY SEASON.**