

Happy, Healthy Holidays!

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Non-Metro New Mexico Area Agency on Aging

Nutrition Corner

It's the holiday season! This is a time to spend making new memories while connecting with the ones you love. It's also a time for sharing traditions and lots of good food. With all the delicious temptations around, you can still make some healthy choices during the holidays. Here are a few tips when preparing your holiday food:

- Instead of butter, use a healthier vegetable oil or substitute equal parts of unsweetened applesauce when baking.
- Use a lower-calorie sugar substitute.
- Use low-fat or nonfat milk instead of whole milk or heavy cream.
- Instead of only white flour, use half white flour and half whole-wheat flour.
- Instead of adding chocolate chips or candies, use dried fruit, like cranberries or cherries.
- Use extracts like vanilla, almond, or peppermint to add flavor instead of sugar and butter.
- Use vegetable oils or soft margarine instead of butter.
- Use whole-grain bread, rice and pasta instead of white.
- Bake, grill, or steam vegetables instead of frying.
- Compare labels of your holiday ingredients, and choose products with lower amounts of sodium and added sugars.

heart.org/eatsmartmonth

Food Safety During the Holidays

The kitchen is very busy this time of year! It's easy to forget that FOOD SAFETY is a very important ingredient in your holiday meals. Preparing, serving, and storing food correctly prevents the foodborne illnesses that could ruin your holidays. Take special precautions to make sure your food is safe:

1. **Clean** - Wash hands, all food-contact surfaces, and fruits and vegetables.
2. **Separate** - Keep raw food away from other foods. Consider using different cutting boards and utensils for different items.
3. **Cook** - Be sure to cook food to proper internal temperatures to kill harmful bacteria.
4. **Chill** - Refrigerate or freeze food quickly to prevent bacteria from growing rapidly. Left-overs in the fridge should be used within 3 to 4 days.

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Join us at the New Mexico State Capitol to learn about important topics affecting older adults in our state.

*Wishing you a very happy
holiday season!*

Chicken with Apples, Carrots and Grains

(Adapted from Davita Kidney Care)

Servings: 6

Ingredients:

- 1 small onion
- 2 large carrots
- 2 medium apples
- 1 teaspoon ground cinnamon
- 1 teaspoon ground coriander
- 1 teaspoon ground cumin
- 1/4 teaspoon black pepper
- 1 pound chicken breasts
- 2 tablespoons olive oil
- 15 ounces low-sodium chicken broth
- 1 cup Quinoa and Brown Rice
- 3/4 cup dried cranberries



Preparation

1. Peel, rinse, and dice the onion and carrots (or shave into ribbons). Core and dice the apples.
2. In a small bowl, mix cinnamon, coriander, cumin and pepper.
3. Pat chicken dry with paper towels. Cut in cube shapes and rub pieces with spice mixture.
4. In a large skillet over medium-high-heat add 1 tablespoon of oil. Add the onion, carrots and apples. Cook, stirring occasionally until the vegetables start to brown, about 15 minutes. Transfer to a medium bowl.
5. Add the remaining tablespoon of oil to the skillet. Brown the chicken for 2 to 4 minutes per side. Add broth and a cup of quinoa and brown rice. Bring to a simmer. Cook for 15 to 25 minutes. Serve with your choice of garnishing.

Tips for Enjoying the Holidays While Living with Diabetes

This is the season for special events such as potlucks, cookie baking, and dinners with family and friends. The temptations can be especially difficult if you have been diagnosed with diabetes. Here are some guidelines to help you enjoy the season while still managing diabetes:

- ⇒ Plan for the timing of meals. More than likely, holiday meals will not align with your regular eating schedule. Be prepared.
- ⇒ Be selective. Many traditional holiday foods are high in carbohydrates such as mashed potatoes, dinner rolls, pumpkin pie, and other desserts. Choose wisely.
- ⇒ Eat your veggies. Half your plate should be filled with non-starchy vegetables, but this can be difficult during the holidays. Offer to bring a vegetable dish that is lower in carbohydrates and calories.
- ⇒ Be physically active. Your activity schedule may get disrupted during this time. Get creative to keep moving during this busy time. For example, suggest an after dinner walk with your family or friends.
- ⇒ **Carefully monitor your glucose levels.**

diabetesfoodhub.org

To enjoy more holiday recipes, visit the "12 Days of Christmas Recipes"

on our website at nonmetroaaa.com

