

December Health Note

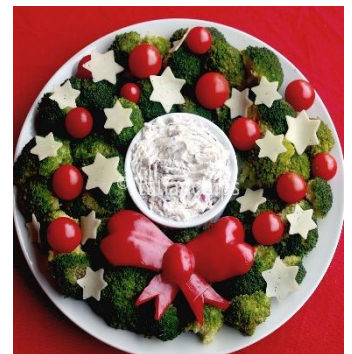


The holidays are a wonderful time to bring people together for a special celebration and food is often a focus. There are several things that your family can do to enjoy the holidays without losing track of your healthy living goals. It is important to focus on this this time with family and friends, and not only on the food.

Here are some tips to make this holiday season as healthy as possible for your family:

- Don't forget a healthy breakfast! Eat meals at regular times throughout the day. Have a light snack between meals if you are hungry.
- Focus on colour and load up on red, green and orange. Fill half your plate with vegetables and fruit. Try leafy green salads, tomatoes, spinach, squash, peas, beans, grapes, kiwi.
- Choose healthy foods first. This will help to fill you up and make less healthy options a little less tempting.
- Enjoy those special holiday favourites in moderation. They only come around once a year so enjoy every bite!
- After a gathering, send leftovers home with family/friends, or freeze for later.
- Make water your family's drink of choice. Watch out for sugary drinks like pop and eggnog as they provide extra calories.
- Stay active during the holidays. Go for a walk as a family, build a snowman, go tobogganing or skating on an outdoor rink.
- Take time to relax, catch your breath and think about the positive things in your life.

Region 3 Public Health Dietitians



Chicken Cranberry Chili

The colours in this chili make it perfect for the festive season.

- 1 Tbsp (15 mL) vegetable oil
- 3 stalks of celery, chopped
- 2 cloves garlic, chopped
- 1 large onion, chopped
- 8 oz (250 gm) mushrooms, sliced
- 1 green pepper, chopped
- 1 pound (500 gm) lean ground chicken or turkey
- 2 bay leaves
- 2 Tbsp (30 mL) chili powder
- 1 Tbsp (15 mL) chopped fresh parsley (optional)
- ½ tsp (2 mL) hot pepper flakes
- 1 can (28 oz) diced tomatoes
- 1 can (19 oz) dark red kidney beans, drained and rinsed
- 1 cup (250 mL) fresh, frozen or dried cranberries (dried will make a sweeter tasting chili)



1. Heat a large saucepan over medium heat. Add oil, celery, garlic, onion, mushroom and half of the green pepper and sauté. Remove and place on a plate.
2. Add chicken to saucepan and brown. Cook until no longer pink. Drain any excess fat. Stir in cooked vegetables, bay leaves and spices. Cook for 5 minutes. Add tomatoes and cook for 5 minutes. Stir in beans. Reduce heat and simmer for 30 minutes.
3. Add cranberries and remaining green pepper just before serving.

Makes 8 servings

Prep time: 20 minutes

