

Eat Right, Move More New Year's Eve

Be ready for these top New Year's Eve challenges:

- **Alcohol** – high-calorie cocktails and urge to snack
- **Parties** – social settings with more temptations
- **Inactivity** – gym or fitness class closed, temptation to skip exercise
- **Party foods** – high-calorie appetizers, meals, snacks and desserts
- **Time off of work and staying up later** – routine and temptations change
- **“Tomorrow begins a new year so tonight doesn't matter” mentality** – makes it easier to avoid changing behaviors

Quick Tips for a Healthful New Year

- Have a low-calorie cocktail and alternate with water or diet soda
- Limit the parties you attend and time spent at each
- Make an appointment to be active; aim to do it early in the day and ask others to join
- Take healthful party foods to share; plan healthful meals that day and eat before you go
- Make a routine that includes your daily healthful habits; plan to sleep; have healthful snacks for later in the evening
- Remain positive and eliminate negative self-talk no matter what; plan specific goals to re-establish healthful eating and exercise behaviors; be realistic – start slowly
- Set a very specific goal for each day and begin healthful habits immediately



Fill up on...

- Water
- Fruit
- Green salad
- Shrimp cocktail
- Air-popped popcorn
- Baked sweet potato fries
- Raw vegetables and low-fat dip

Lower-calorie cocktails

- 6 oz. glass of wine
- 12 oz. bottle light beer
- 6 oz. glass of champagne
- 1 oz. liquor and club or diet soda

Limit to 1 or 2

Goals should be...

- **Specific**
- **Measureable**
- **Appropriate**
- **Realistic**
- **Time bound**



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Featured Flavor

Fill your grocery bag with fall and winter greens. Full of vitamins, minerals and disease-fighting antioxidants, leafy vegetables are low calorie, filling and one of the most healthful foods available. With kale, chard, escarole, collards and many others, there are endless possibilities to pack these nutrition powerhouses into your meal plan. Fortunately, the wide variety of greens and preparation methods go far beyond the standard green salad.

Get creative in the kitchen with some of these 2 Step ideas!

Sneak more greens into your diet with some of these serving suggestions!

- ▶ **Soup, stew, chili** – add fresh greens during the last few minutes of cooking
- ▶ **Pasta** – top a cup of cooked pasta with hearty greens sautéed with garlic, onion and bell peppers
- ▶ **Beans** – steamed greens and a cup of beans make a great stand in for meat
- ▶ **Casseroles** – layer cooked greens in your favorite casseroles such as lasagna
- ▶ **Steamed or sautéed side** – add garlic, pepper and red pepper flakes for a kick
- ▶ **Green drink** – add fresh greens to any fruit smoothie recipe for a nutrition boost
- ▶ **Stuffed peppers** – fill with cooked vegetables, spices and a grain and then bake

3 Easy Strategies to Slash Calories

- ▶ Use non-stick spray in place of oil
- ▶ Use less cheese
- ▶ Pair with another vegetable to keep pasta portions in check



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