

THE TIGER TABLE

CAPE GIRARDEAU D63 NUTRITION NEWSLETTER!

HEALTHY HOLIDAY HABITS

By Kayla Johnson, MS, RD, LDN

November kicks off what seems to be 3-4 straight months of nonstop eating.

Thanksgiving - Christmas - Hanukah - Kwanzaa - New Years... even all the way through Valentine's Day.

While there's nothing wrong with going all out during the holidays, we do have to be mindful of what we eat, and establish habits to promote balance in there somewhere.

OCTOBER RECAP

October was National Vegetarian Month. Hopefully you were able to try some new fruit and veggie filled recipes to boost your intake and aim for the recommended 1 1/2 - 2 cups of fruit and 2-3 cups of vegetables per day!

We also acknowledged National School Lunch Week with fun activities and decorations in some of the elementary schools. The elementary and middle schools also got to taste some dark chocolate for National Chocolate Day - a heart healthy snack in small amounts.

The district employees are doing their best to be healthy too by participating in the annual health and wellness check! Healthy employees make for a healthy school environment. Thanks to everyone for coming out and taking your health & wellness seriously. Prevention is ALWAYS easier than treatment.

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WHAT'S A DIETITIAN?

Great question! A dietitian is an expert on diet and nutrition. Someone who went to school to teach YOU the best way to eat to keep you healthy and hopefully free from sickness. In case you forgot, that's me!



HEALTHY HOLIDAY TIPS & TRICKS

1. **Remember MyPlate** - The guide for healthy eating. Even for holidays, half your plate should be fruit & veggies, ¼ protein, and ¼ grain/starchy veggies.

2. **Focus on water** - Calorie-filled drinks add up but don't actually make you feel particularly full. Stick with water so that you are not "filling up" on added sugar.

3. **Be active** - Holidays are no excuse to sit around on devices all day. Get the family together, and go on a daily walk or bike ride - anything. Just get moving.

4. **Bake & Donate** - Baking is fun and a great way to spend time with family and friends, but you don't want to keep those tempting sweets around all the time. So bake, keep **one day's worth** of treats, and then have fun blessing people (outside of your home) with the rest! Let them fight the temptation!

5. **Don't leave the house hungry** - Whether you're going to a party or just running errands, being hungry decreases your ability to say no to unhealthy food options in your face. Eat a healthy snack before leaving the house to safeguard against poor food choices.

6. **Catch some zzz's** - Besides avoiding the grumps, adequate sleep helps you make healthier decisions throughout the day and is protective against getting sick.

Not-So-Fun Fact: Roughly 75% of annual weight gain happens during the holiday season.



7. **Survey the options** - Skim through the table. See what's offered. Identify your healthy options and what will be your big indulgences. Then stick with the **one plate** method. This will help you to enjoy the holidays without totally abandoning your healthy habits.

8. **Bring the healthy dish** - Be the one who is known for bringing a delicious, healthy dish to the table. There's no guarantee that anyone else will.

9. **Savor the flavors** - We often have special foods reserved for holidays only. But with so much going on, so many people around, so much to catch up on, and so many options, it's easy to speed-eat your way through the meal. So, eat slowly. Enjoy every bite.

10. **End with a mint** - Listen to your body. When you're fully satisfied, toss your plate (out of sight, out of mind), and pop in a mint or piece of gum. The mint will discourage you from going back for more despite being full.

UP AHEAD: FUN NOVEMBER HOLIDAYS

November is Vegan Month!

- 1 - World Vegan Day &
National Calzone Day
- 3 - National Sandwich Day
- 6 - National Nachos Day
- 13 - World Kindness Day
- Thanksgiving Week - National Game &
Puzzle Week

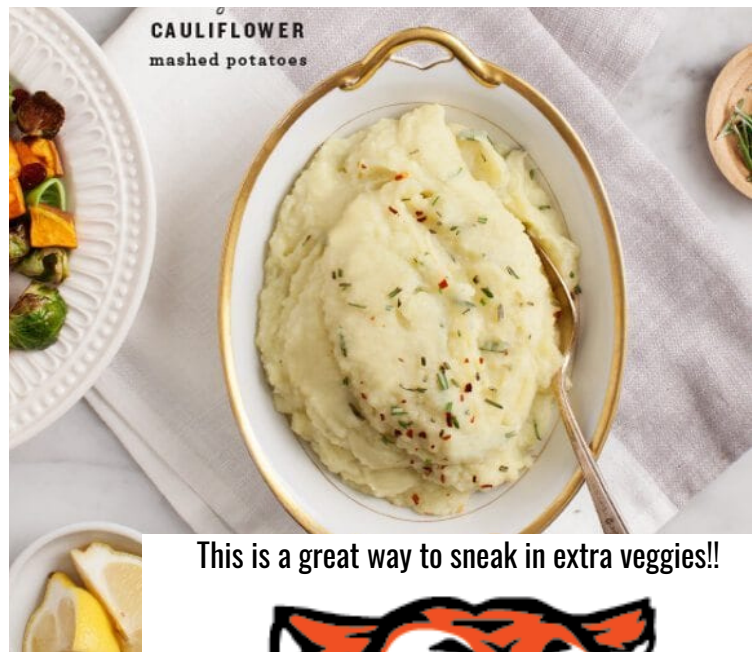
Cauliflower Mashed Potatoes

Ingredients

- 3-4 cloves of roasted garlic (see notes)
- 2 pounds Yukon gold potatoes
- 1 (1-pound) cauliflower head, broken into a few large pieces
- 1 tablespoon minced rosemary
- 4-6 tablespoons olive oil (or butter)
- Salt & pepper
- Reserve some starchy potato water

Instructions

1. Roast a whole garlic bulb for 1 hour using [this method](#) or drizzle individual cloves with olive oil and salt and bake at 350 until soft (about 15 minutes).
 2. Meanwhile, bring a large pot of salted water to a boil. Add the potatoes and the cauliflower (can be at the same time) and boil until knife-tender (until you can poke with a knife and it easily slides out).
 3. In a food processor, puree the cauliflower with roasted garlic, 2 tablespoons of olive oil, rosemary, and a few generous pinches of salt and pepper. Taste and adjust seasonings. (Tip: this mixture can be over-flavored because it'll get mixed with the potatoes later. You can also simply use a potato masher).
 4. When the potatoes are soft, remove them from the pot. Use a food mill, ricer, or masher, to mash them. Add 2 more tablespoons of olive oil (or butter), then stir the cauliflower puree into the bowl with the potatoes. Stir in a folding motion until smooth and creamy. If necessary, add ¼ cup (or so) of hot starchy potato water to help it out. Taste and adjust seasonings, adding more olive oil, salt, pepper, and/or rosemary to taste.
 5. Serve hot. Store in the fridge, microwave the next day. Adapted from [Love & Lemons](#)
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This is a great way to sneak in extra veggies!!

**Tiger
Taste buds**

