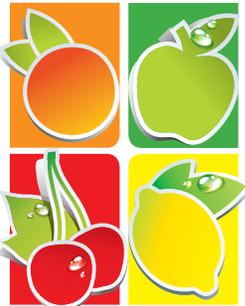


The Healthy Classroom



Healthy Holiday Eating Tips

5 Tips and Tricks to avoid the holiday weight gain

1. Don't Skip Meals

Most people think that skipping meals will help them "save" calories but actually

this does the opposite. Skipping meals increases your chances of overeating and making poor food decisions. Therefore, fueling your body with whole foods throughout the day will help to avoid overeating and save you calories in the long run.

Great Snack ideas

- Greek yogurt topped with granola
- Low-fat string cheese + pretzels
- Peanut butter and apple

2. Protein First

Instead of loading your plate with a carbohydrate first like mac n cheese or rice, start with a protein. Choose leaner cuts of meat like chicken or fish, grilled over fried and steamed over sautéed. For vegetarians choose beans, nuts or cheeses as your protein source.

3. The power of veggies!

Try making half your plate vegetables or fruits. Filling up on low calorie foods like salads or mixed fruit will allow you to still save room for the foods you enjoy. This approach will save you calories because typically you will eat a smaller portion of the higher calorie foods if you started with the salad first.

4. Ask for the dressing on the side

When possible try getting the sauce/dressing on the side. Often time's, sauces and dressing carry a high amount of calories, they can make a 500 calorie dish into a 1200 calorie dish. Therefore, asking for the sauce/dressing on the side will save you those unwanted calories. Instead try dipping eat bite of food into the dressing, this usually result in a smaller amount used and fewer calories.

5. Skip the sugar sweetened drinks!

Liquid calories are also referred to as empty calories which means they don't provide your body with any nutrients hence the name empty. Try to limit these as much as possible and instead ask for water with lemon or unsweetened tea. Skipping on sweet tea or lemonade can save you an easy 500 calories!

Harvest of the Month

October – Grapefruit

- Nearly 70% of the Grapefruit grown in the US comes from Florida
- Excellent source of vitamin C which helps heal wounds, repairs and maintain healthy cartilage, bones, teeth, and skin
- Also acts as an antioxidant that can help prevent cancer and heart disease

November – Mushrooms

- Mushrooms cannot make their own food from the sun because they do not contain chlorophyll and rely on other plants to support their growth
- Alachua, Gadsden, Orange, and Miami-Dade counties all grow mushrooms in Florida
- Mushrooms contain vitamin D which helps the body absorb calcium and phosphorus, helping to strengthen our bones



Excellent classroom resources include great power points and activity sheets: <https://www.freshfromflorida.com/Food-Nutrition/Nutrition-Programs/Farm-to-School/Harvest-of-the-Month2/Published-Materials>



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Join Us for our Holiday Meal

November 15th

Free Meal for all school staff to celebrate
American Education Week