

December Wellness Facts

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Maintain – Don't Gain During the Holiday Season

During the holiday season – from Thanksgiving through the first of the year – you may have many temptations to overeat. For your health and the health of your family, try to maintain your weight. Here are some tips:

- Have plenty of fresh cut-up vegetables with low-fat dip on hand. They are high in fiber and vitamins. The veggies will also help satisfy your hunger so you do not fill up with high fat and high sugar foods.
- Do not deny yourself of the foods you like. Just take smaller portions.



Pumpkin Brownies

1 cup pumpkin puree, canned or cooked
1 cup brown sugar
½ tsp salt
2 tsp cinnamon
1 tsp nutmeg
¼ cup vegetable oil
1 egg
1 egg white
½ cup walnuts, finely chopped
1 ¼ cup whole wheat flour
1 tsp baking powder
½ tsp baking soda
½ tsp ground ginger
¼ cup buttermilk
2 tsp vanilla extract

Preheat oven to 375 degrees F. Coat a 9 x 13 baking pan with cooking spray. Combine all ingredients and beat well. Pour into pan. Bake for 30 to 40 minutes or until a wooden toothpick inserted in middle comes out clean. Cool and cut into squares.

Makes 24 brownies.

100 calories, 4.5 g Fat, 15 g Carbohydrate, 2 g Protein, 1g Fiber, 80 mg Sodium

Source: Eat Smart, Move More North Carolina

Visit OhioLine link:
<http://ohioline.osu.edu/hyg-fact/5000/5543.html> to find additional ways to modify a recipe.

Fitness Tip

Mall walking may be a way to get some exercise over the holiday season while you are shopping. It offers a climate-controlled environment. Take a couple of laps around the mall before you start shopping. This should not replace your regular exercise but will help burn off those extra calories if you overeat.

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