

December, 2019



Nutrition News for the Central Sierra

A monthly newsletter about food, nutrition, and healthy living in the Central Sierra.



The holidays are a wonderful time for sharing good food with friends and family. Too much of a good thing, though, can add up quickly over the course of the holiday season. Focusing on moderation in all good things and adding in some family activities that get everyone up and moving are good approaches to staying healthy throughout the winter months. Read on for 10 more tips to have a healthy holiday.

Make healthier holiday choices

The holidays are often filled with time-honored traditions that include some of our favorite meals and foods. As you celebrate, think of little changes you can make to create healthier meals and active days.

1 Create MyPlate makeovers

Makeover your favorite holiday dishes. Use My Recipe on SuperTracker to improve holiday recipes and get healthier results. Go to Supertracker.usda.gov/myrecipe.aspx.



2 Enjoy all the food groups at your celebration

Prepare whole-grain crackers with hummus as an appetizer; add unsalted nuts and black beans to a green-leaf salad; include fresh fruit at the dessert table; use low-fat milk instead of heavy cream in your casseroles. Share healthier options during your holiday meal.

3 Make sure your protein is lean

Turkey, roast beef, or fresh ham are lean protein choices. Trim visible fat before cooking. Try baking or broiling instead of frying. Go easy on sauces and gravies.

4 Cheers to good health

Quench your thirst with low-calorie options. Drink water with lemon or lime slices. Offer seltzer water with a splash of 100% fruit juice.

5 Bake healthier

Use recipes with unsweetened applesauce or mashed ripe bananas instead of butter. Try reducing the amount of sugar listed in recipes. Use spices such as cinnamon, allspice, or nutmeg to add flavor.



6 Tweak the sweet

For dessert, try baked apples with cinnamon and a sprinkle of sugar instead of apple pie. Invite your guests to make their own parfait with colorful sliced fruit and low-fat yogurt.



7 Be the life of the party

Laugh, mingle, dance, and play games. Focus on fun and enjoy the company of others.

8 Make exercise a part of the fun

Make being active part of your holiday tradition. Have fun walking and talking with family and friends after a holiday meal. Give gifts that encourage others to practice healthy habits such as workout DVDs, running shoes, and reusable water bottles.

9 Enjoy leftovers

Create delicious new meals with your leftovers. Add turkey to soups or salads. Use extra veggies in omelets, sandwiches, or stews. The possibilities are endless!

10 Give to others

Spend time providing foods or preparing meals for those who may need a little help. Give food to a local food bank or volunteer to serve meals at a shelter during the holiday season.



Harvest of
the Month



CABBAGE



During the month of December, cabbage has had a chance not only to grow to its full size and density, but also to experience some cool weather, which helps it become sweeter and mellow in flavor. Regular green cabbage, red cabbage, and crinkly savoy cabbage varieties are all full of vitamin C, which can help boost the immune system during short, cool winter days. Cabbage is also a good source of fiber, and is a versatile ingredient in many dishes, both raw and cooked. See below for healthy recipe ideas starring cabbage, or learn more about cabbage and view its nutrition facts at [Harvest of the Month](#).

Recipe Ideas:

- [Chicken & Cabbage Salad](#)
- [Red Potato and Cabbage \(Colcannon\)](#)
- [Tangy Cabbage](#)
- [Fruit and Nut Slaw](#)

New & Noteworthy

Visit these links for a round-up of nutrition news, information, and events from the past month. Note that any particular research finding is only one part of a large and complicated picture of a healthy diet. For general healthy eating information based on an expert analysis of nutrition research, visit [ChooseMyPlate.gov](#). For individual diet questions, consult a registered dietitian or medical provider.

CDC: SCHOOLS AREN'T DOING ENOUGH TO TEACH KIDS ABOUT NUTRITION - The Centers for Disease Control and Prevention released a new school health report highlighting the critical importance of teaching children about nutrition in schools.
https://www.upi.com/Health_News/2019/12/05/CDC-Schools-arent-doing-enough-to-teach-kids-about-nutrition/9491574879196/?spt=su&ur3=1

EAT FOR 10 HOURS, FAST FOR 14. THIS DAILY HABIT PROMPTS WEIGHT LOSS, STUDY FINDS - A new study is adding to the research showing that intermittent fasting may have benefits. In this study, the eating pattern led to an reduction of 8.6% of daily calories, probably due to the limited time allowed for eating.
<https://www.npr.org/sections/thesalt/2019/12/08/785142534/eat-for-10-hours-fast-for-14-this->

[daily-habit-prompts-weight-loss-study-finds?utm_campaign=storyshare&utm_source=twitter.com&utm_medium=social](https://newfoodeconomy.org/sugar-shortage-beet-harvest-minnesota-north-dakota/)

AMERICA IS ABOUT TO EXPERIENCE A SUGAR SHORTAGE - Only around 70% of sugar beets that were planted in America were able to be harvested this fall. Consumers aren't likely to see many effects of the shortage, though, as imports will likely make up the difference. <https://newfoodeconomy.org/sugar-shortage-beet-harvest-minnesota-north-dakota/>

Nutrition Education Spotlight: Teens Making a Difference in Amador County

CalFresh Healthy Living-UC and UC 4-H have partnered in Amador County to provide youth development opportunities for teens at Independence High School and garden-enhanced nutrition education for 3rd grade students at Jackson Elementary School. Teens learned to increase their professional skills and served as positive role models, while younger students learned about healthy eating and food literacy.



In small, rural Amador County, opportunities for students to develop their leadership potential and professional skills are critical. Particularly at the local continuation high school, teachers have expressed interest in programming that offers opportunities for their students to develop leadership and presentation skills. As staff time to support a project of this scale is beyond what either program could accomplish alone, this project was also a great opportunity to develop a partnership between the UCCE CalFresh Healthy Living and 4-H programs in Amador County, combining resources to accomplish the project goals.

UCCE staff from the CalFresh Healthy Living and 4-H programs partnered to promote the Teens as Teachers project to connect local schools and provide opportunities for high school students to serve as role models for younger elementary students. The principal at Independence High School saw value in the project and offered community service or class credits to students who participated in the project. High school students were recruited by teachers, and then UCCE staff trained four teens to teach the Learn, Grow, Eat, Go, curriculum. Once training was complete, the teens spent 10 weeks delivering nutrition and garden lessons to a class of 24 3rd grade students at Jackson Elementary School. The teen teachers were also able to participate in a wellness fair in neighboring El Dorado county to promote healthy living to the wider community.

During the project, staff witnessed the teens transform into confident presenters and competent leaders as they increased their professional skill set. Next year the program will expand to include two 3rd grade classes. Three of the teens from this past year are interested in participating next year and have already recruited another to join the group. Building strong partnerships with local youth and adults is essential to creating sustainable programming in Amador County, and UCCE hopes to continue these partnerships for many years to come.

About Us

Nutrition, Family and Consumers Sciences (NFCS) in the Central Sierra conducts education, outreach, and applied research to support nutrition, food security, and public health in Calaveras, Tuolumne, Amador, and El Dorado Counties. NFCS includes the CalFresh Healthy Living, UC program, which teaches free classes in local schools, community centers, libraries, and other public places. Our classes show people how to choose, grow, cook, and enjoy affordable healthy foods, and how to make physical activity a regular and fun part of life. We also work to create environments where it's easier for people to make healthy choices by supporting wellness policies, community and school gardens, walking clubs, and more. For more information, visit our [website](#), [Facebook](#), or [Twitter](#), or email NFCS Advisor Katie Johnson at ckrjohnson@ucanr.edu.



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