



Holiday Trimmings Recipe Tips

When planning what to prepare during the holiday season, remember that you have many choices. Whether you plan on using your family recipes, eating on the go while shopping for all those gifts on your list, or attending every holiday party you get invited to, there are several choices you can make for each meal to help maintain your weight during this holiday season.

Next time you are in charge of preparing a meal, or helping someone else prepare one, think of the following tips and check out the recipes on the project's Web site at www.heartofnewulm.org.



Vegetables: Vegetables can be added everywhere: — in soups, casseroles and salads. Try them grilled, as side dishes and even inside pies. Vegetables add color and nutrients that not only allow you to feel satisfied, but also healthy!

Fruits: Fruits (fresh or frozen) come in very handy during holiday season. They add color and nutrients along with sweet satisfying power. Try seasoning your fruit salad with cinnamon and cloves for a holiday taste!

Whole grains: Whole grain pasta really goes well with your favorite sauces. Whole grain rice, barley and lentils are great additions to soups. Whole grain bread goes well with basically any meal. Go for their satisfying power!

Low-fat: Low-fat and flavorful *can* go hand in hand! Just ensure the flavor of the food is coming from way beyond the fat in it, such as from delicious spices and herbs that are naturally fat-free, but allow a burst of flavor!