

Healthy Living Focus

A Happy Healthy Christmas!



Hello and welcome to the final healthy living focus of 2020. With Christmas just around the corner, we know that December can be a time of indulgence and excess, and for those trying to maintain a healthy lifestyle it can be a challenging time to keep on top of a healthy diet and fitness routine, so we would like to share some tips to keep you feeling great throughout the festive period, while still allowing for the odd treat, such as our delicious berry trifle!

Healthy eating holiday tips

- Eat regular meals- skipping meals can lead to overeating.
- Stay hydrated by drinking lots of water and limiting alcoholic drinks.
- Load your plate with veggies first.
 - Think colour- a colourful plate makes a festive looking plate!
 - Eat mindfully by slowly chewing each mouthful and putting your fork down between bites.
- Remember it is okay to say 'no' to food.



Fill up on Healthful foods

Eating well balanced meals and snacks will help you feel full and energized so you will be less likely to indulge in the unhealthy holiday treats!

Did you know?

The average person eats 6000 calories on Christmas day!

Whether it's the Buck's Fizz in the morning, the generous helpings of stuffing or the selection box being passed around for the third time, it can all add up to a whopping amount.

A post meal walk can help to control blood sugar levels.

Ditch the guilt!

If you decide to have that treat, take the time to fully enjoy it, relish it, tell yourself how delicious it was! Being mindful over what we eat can lead to a healthier relationship with food, and in turn reduce overeating!

Make half your plate green vegetables

Keep active! Why not go for a daily walk and check out the local Christmas lights along the way, or put on the best Christmas tunes and dance around the house?





**WISHING YOU ALL A VERY MERRY
CHRISTMAS AND A HAPPY
HEALTHY NEW YEAR!**



Recipe of the week!

Very Berry Trifle

Ingredients

- 55g crustless, white bread
- 140g frozen mixed summer fruits, plus a few extra to decorate
- zest and juice of 1 large orange
- 100ml (3½ fl oz) skimmed milk, plus 2 tbsp
- 30g (7 level tsp) low fat custard powder
- 125g fat free, thick set yogurt, such as Greek yogurt.



Method

1. Cut the bread into small cubes and divide between two serving glasses.
2. Put the frozen fruit in a small saucepan with the orange zest and half the juice, about 50ml. Bubble gently, without stirring too much, until the fruit is soft. Cool a little, remove the zest, then divide the mixture between the two glasses. Press down lightly to push the juice into the bread.
3. Put the remaining orange juice into a measuring jug and make up to 100ml with water. Add 100ml skimmed milk.
4. Blend the custard powder to a smooth paste with a little of the liquid then mix both in a small saucepan. Slowly bring to the boil, then simmer, stirring all the time, for 2-3 minutes until thickened.
5. Cool the custard a little before spooning all but 3tbsp over the fruit mixture. Leave to cool completely.
6. Beat the reserved custard into the yoghurt with 2tbsp of skimmed milk and spoon on top of the custard. Chill for at least 30 minutes before serving.
7. Serve decorated with a few extra frozen fruits.

Meet our healthy living coordinator, Claire. Who is responsible for our newsletter and healthy living project.

If you have any queries, would like to suggest a feature for our future newsletters, or would like support and advice around issues raised here, please contact Claire at

healthyliving@nortonhousingandsupport.org.uk

