

Healthy Living Focus Christmas Edition!



Hello and welcome to this week's healthy living focus, in this edition we talking all things Christmas! This can be a challenging time for those trying to maintain a healthy diet, with temptation everywhere, and cold dark nights, it can feel like a struggle to keep up the healthy habits we have formed throughout the year. So read on to see our tips for healthy eating at Christmas, ways to cut down on alcohol, and ideas to keep active over the festive period!

Healthy Eating at Christmas

- Eat regular meals- this will help to maintain blood sugar levels, as well as stop the need for excess snacking.
- Stay hydrated by drinking lots of water
- Pile your plate with veggies first. Aim to fill half the plate with your favourite vegetables, as this will naturally lower the calories in your meal.
- A colourful plate makes a festive looking plate! Think Green brussels, red cabbage, and orange carrots!
- Eat mindfully by slowly chewing each mouthful and putting your fork down between bites.
- Feel empowered by making your own healthy choices. Remember it is okay to say 'no' to food.

Did you know?

The average person eats 6000 calories on Christmas day!
That is 4000 more than the average day!

Tips to cut down on alcohol

have several alcohol free days during the festive period.

avoid drinking more than 14 units of alcohol a week

swap alcoholic drinks to alcohol free versions, or sugar free fizzy drinks.

Keep Active At Christmas

Why not go for a walk to see the beautiful Christmas lights, or stary night sky?

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

Put on classis Christmas tunes and dance around the kitchen

- ✓ The average person burns between 150-400 calories when dancing for 30 minutes!



Healthy Living Goal

Try the festive favourites such as Brussel sprouts, parsnips and carrots!

Ditch the guilt!

If you decide to have that treat, take the time to fully enjoy it and 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!

Have a Very Merry Christmas and a Happy and Healthy 2022!

RECIPE OF THE WEEK

Light Mince Pies



Ingredients

- 3 Wraps
- 12 tsp mincemeat
- 1 egg

Healthy Living Tips

- Did you know the average mince pie has between 200-400 calories? Why not try our tasty light version for around 90 calories each!
- This is a tried and tested favourite recipe with Norton residents, give it a go and see if you agree!

Method

1. Preheat the oven to 180°C.
2. Cut out 12 circles of wrap using a pastry cutter, just larger than each hole of the muffin tin. Then cut 12 small star shapes - you should have enough space in 3 wraps to cut all the shapes you need.
3. Push each circle of wrap carefully into each hole in the muffin tin. Place a teaspoon of mincemeat into each one and top with a small star.
4. Beat the egg in a small bowl and brush over each star. Place into the oven for 22 minutes until golden and crisp. Leave to cool, remove from the tray and enjoy.

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

