HEALTHY HOLIDAY HABITS

With the holidays approaching, you are sure to be surrounded by yummy foods. Don’t let your healthy eating habits slide. Follow the tips below to stay on the right track during the holidays.

• **Fill Your Plate With Healthy, Low Calorie Selections.** Choose fruit kabobs, vegetable dishes, colorful green salads. This will allow you to consume fewer calories while filling your plate.

• **Be Selective in Your Choices.** Select foods truly unique to the holiday and steer clear of foods you can eat all year long.

• **Be in the Moment.** Enjoy the company and conversation of your friends, family, and coworkers; rather than focus on eating.

• **Distance Yourself.** To avoid continuous mindless eating while talking, try staying greater than 1 arms’ length away from the plate of munchies.

• **Take the Clothing Test.** Slip on your favorite form fitting pants and assess how they fit. If they are feeling too snug, it’s time to adjust your exercise and eating habits.

• **Try Smaller Plate and Tall Glasses.** In a study conducted at Cornell University, participants served themselves ~30% more ice cream when using oversized bowls compared to when using smaller bowls. Since beverages can contribute a significant amount of calories, pour your drinks into tall/skinny glasses; rather than a wide mouthed one as you are likely to drink less.

• **Don’t Feel Pressured to Eat.** If you aren’t hungry, it’s ok to say “no thanks.”

• **Take a Walk.** It takes your brain about 15 minutes to signal that you are full. Why not go for a walk before going for seconds?
Pumpkin Spice Latte Waffles

Makes: 4 servings

Ingredients

• 1 large egg
• ¼ cup pumpkin puree
• ¼ cup brown sugar
• 1 tbsp canola oil
• 1 tspn baking powder
• 1 tsp pumpkin spice
• ½ cup unsweetened almond milk
• 1/3 cup strong brewed coffee
• 1 ¼ cups whole wheat-pastry flour

Directions

Take 1 large egg and add pumpkin puree, canola oil, brown sugar, baking powder, pumpkin pie spice and whisk. Add almond milk and coffee and stir once more.

Lastly add flour and stir until just combined. Let batter rest for 5 minutes while preheating your waffle iron.

Once preheated, generously spray the waffle iron with non-stick cooking spray and spoon about 1/2 cup of the batter onto the center of the iron and cook according to your machine’s instructions. I like to set mine to the darkest setting so it gets extra crispy.

Once done, remove and place on cooling rack to let steam roll off and crisp up a bit. Serve warm with butter and maple syrup. You could also mix your maple syrup with a bit of bold coffee or espresso for an extra special treat.

Nutrition Hack

Garlic contains a compound known as allicin which is responsible for its anti-oxidant and anti-inflammatory properties. While great for more than keeping the vampires away, the strong aroma of GARLIC will linger on your fingers for some time. To get rid of that awful smell on your fingers, wash with soap and water, then rub them for about 5-10 seconds on stainless steel; possibly your kitchen faucet. Repeat if necessary.
SPOOKY COOL IDEAS

It is estimated that Americans will spend nearly $2 billion this year on 600 million pounds of candy. Want to minimize the sugar overload your kids typically encounter around Halloween? Try these non-candy ideas with your kids and trick or treaters. The TRICK is to simply make it FUN! If you still decide to hand out candy, at least make it the mini size portions.

- Mini Play-Doh
- Halloween themed "stickers"
- Mini deck of cards
- Pre-packaged mini fruit snack cups
- Animal crackers
- Mini box of raisins
- Unpopped popcorn packs
- Fresh apple
- Mini pretzel packs
- Mini bottled water

Kids Corner

Autumn is the perfect time to gather the kids for a scavenger hunt challenge. What a great way to get everyone moving again after a big meal. Hand out paper bags for everyone to collect as many items they can find on the below list. For larger groups, have everyone break up into teams.
Cornell Cooperative Extension’s (CCE) Marine Department has teamed up with CCE Eat Smart New York Long Island (ESNYLI) to promote consumption of fresh, locally caught seafood. The Marine Department has been promoting their F.I.S.H (Fresh, Indigenous, Sustainable & Healthy) initiative throughout 2017. Marta Blanco, CCE ESNY Nutrition Educator, coordinated receiving a donation of Sea Robin, and immediately went to work to prepare the fish as part of a tasty, healthy recipe, food demo for the Springs Food Pantry in East Hampton. The Sea Robin is often referred to as a “bait stealer” as it typically gets caught while trying to catch another type of fish. This locally caught fish is often thrown back into the water as it does not have a lot of meat on it. The fish was donated and cleaned by a local Riverhead fisherman.

Marta, along with CCE intern, Brianna Perez, marinated, cooked and assembled more than 50 fish tacos for the food pantry participants to taste. The pantry gave out frozen tilapia filets, tortilla, lettuce, carrots and tomatoes as part of their menu. Participants that day were able to sample the fish tacos, take a recipe and the ingredients to make it, while learning about different ways to incorporate a healthy lean protein into their meals. This food demo was also video-taped as part of a series of success stories on the East End of Long Island.

WHAT IS ESNY-LI? Eat Smart New York Long Island is a community-based nutrition education and obesity prevention program. ESNY-LI utilizes a variety of strategies, including nutrition education workshops, social media/marketing, and promoting healthy places and policies to improve the likelihood that persons with limited resources will make healthy food choices and choose to be more physically active. Our programs are offered for FREE in English and Spanish for youth, adults and seniors.