



CARBOHYDRATES: WHAT KIND ARE YOU EATING THIS HOLIDAY?

'Tis the season for family, festivity, and food—lots of food, and this normally disrupts daily routines. How do you stick to a healthy plan when everyone around you seems to be splurging?

While you may not be able to control what food you're served, you can start by limiting how many simple carbs you consume such as pies, sugar drinks and white bread. These types of carbs do not satisfy hunger very well and are typically present in foods with low nutritional content.

In order to do this, try to pick good carbs that are rich in nutrients and pay attention to portion sizes.

Complex “Good” Carbs

- Whole wheat breads, pastas, and flour
- Brown and wild rices
- Barley
- Quinoa
- Potatoes
- Corn
- Legumes, such as black beans, chickpeas, lentils, and others

Simple “Bad” Carbs

- Soda
- Candy
- Cookies
- Pastries and desserts
- Sweetened beverages, such as lemonade or iced tea
- Energy drinks
- Ice cream

When it comes to the holidays, it's ok to splurge a little but the best way to make sure you don't consume too many excess carbs is to load up on the turkey and veggies. Protein from the turkey will help you to stay fuller longer while the veggies—packed with fiber—will fill you up and keep you satisfied.

Happy holidays!





BOOST YOUR IMMUNE SYSTEM FOR A HEALTHIER WINTER

With the winter season come the holidays—and the cold and flu. To avoid getting sick, it's vital to build a strong immune system. Immune systems are on constant alert for viruses and bacteria, but if they're not strong enough, they can't fight them off.

Instead of waiting until you're run down and tired, why not take some preventative measures? Try these simple tips to help you keep your immune system strong and avoid getting sick.

- Get enough sleep
- Get some exercise
- Go outside sometimes
- Wash hands frequently
- Wash off electronics frequently
- Find an outlet for stress

RECIPES

If you're still planning your Thanksgiving menu, here are 2 healthy Thanksgiving side dish ideas to help you out.



Roasted Acorn Squash

RECIPE



Pomegranate Citrus
Cranberry Sauce

RECIPE

A CELEBRATION OF GRATITUDE TO ALLEVIATE STRESS

While the holiday season is supposed to be a relaxing time, the stress surrounding the holidays can sometimes be unbearable. For most, there are work, family, and friend obligations that all need attention in a short amount of time. This stress can often manifest in symptoms such as headaches, sleep disturbances, fatigue, exhaustion,



depression, difficulty concentrating, short temper, and even aching muscles.

Holiday stress statistics show that up to 69% of people are stressed by the feeling of having a “lack of time,” 69% are stressed by perceiving a “lack of money,” and 51% are stressed out about the “pressure to give or get gifts,” according to the American Psychological Association.

This year, we'd like to emphasize a healthier aspect of the holiday season—gratitude. Focusing on gratitude around the holidays can help ease holiday stress and depression.

- Focus on the good. Don't get caught up in all the endless to-do's and stressors but rather appreciate the good things in your life. Even the little things.
- Let go of unrealistic expectations. Social media plays a huge part in this so try taking a digital detox. You'll start to pay attention to the people around you more and stop comparing yourself to other.
- Try starting a gratitude jar or journal. Write down all the things you are grateful for and focus on that. You can even get your family or guests involved by having them write down what they are grateful for and share just before dinner.

WE STILL HAVE FLU VACCINES

Getting your annual flu shot reduces the risk of contracting the flu virus. We encourage everyone 4 years and older to get the flu shot if you haven't already. This flu season, we have seen positive flu A & B at the centers.

To ensure you get yours, call the office at 833.229.0889 or reach out via [Spruce](#) and make an appointment anytime.



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