



Healthful Advice from our Registered Dietitian/Nutritionist, Debra Heverling, MA, RD/LDN

Dietitian's Dish

Wellness Tips for 2020 - BEWARE OF SKIPPING!

There are times when skipping is GOOD.

- ✓ Skip to exercise - channel your inner child
- ✓ Skip the second helping at meals
- ✓ Skip the fried foods
- ✓ Skip sweets or beverages with lots of added sugar

Other times, skipping is BAD for wellness.

- ✗ Skip meals entirely - especially breakfast
- ✗ Skip out on moving your body more
- ✗ Skip getting enough sleep at night

Breakfast most basically means “breaking the fast” since you last ate. During periods of fasting, everything slows down so the body can protect itself. Fueling after waking up is essential for body systems to rev back up - especially metabolism. These easy recipes make a great breakfast on-the-go (or a snack/lunch option). Top your toast or stuff a pita with this superfood spin on hummus!

Guacamole Hummus

Ingredients:

- 1 can (15 oz.) chickpeas, drained & rinsed
- 2 avocados
- 1 cup cilantro, loosely packed
- 2 cloves garlic, minced
- 3 Tbsps. lime juice
- 1/4 cup chopped sweet onions
- 2 Tbsps. olive oil
- 1/2 tsp. salt
- 1/4 tsp. pepper

Directions:

- Add chickpeas, avocado, cilantro, garlic, lime juice, onion, oil, salt and pepper to food processor and blend until smooth.
- Top with chopped tomatoes and serve with toasted pita chips or veggies for dipping.
- Breakfast option: Spread on whole grain toast with assorted toppings or inside a pita pocket.

Recipe and image courtesy of Produce for Kids.



produceforkids.com

Fruit and Cereal Parfaits

Ingredients:

- 2 cups fresh or frozen fruit
- 6 oz. any flavor Greek yogurt
- 1 cup dry cereal or granola

Directions:

- Layer half of the fruit, yogurt and cereal into each cup.
- Repeat thin layers or single thicker layers. Serve immediately.

