



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

## Dietitian's Dish

### Give the Gift of a Healthy Holiday

The greatest gift you can give is holiday joy without excess. Holidays are a time for traditions and many favorite foods. But, there is no joy in feeling stuffed after a meal or at a party, so be more mindful.

If you're indulging on items with a few more calories, keep the portion sizes small and be more active to balance it out. Carve out a half hour each day to do some extra physical activity during the holidays - *remember 10-minute intervals do add up!*

**5 ways  
to be  
mindful...**

1. Do not skip meals the day of the event.
2. Do not arrive hungry - you'll overeat.
3. Preview options first to choose your "must-haves."
4. Serve smaller portions and make them colorful.
5. Fill a plate and relocate to avoid "grazing".

If you aren't sure you'll get your rainbow of fruits and veggies at the party, snack before you head out. Keep some cut veggies on hand and enjoy a delicious dip rich in healthy fat and protein.

Healthier foods are the best medicine to get through a hectic holiday schedule!

### Avocado White Bean Dip

#### Ingredients:

- 2 cans Cannellini beans
- 3 Garlic cloves, diced
- 1/3 cup Olive oil
- 1/2 medium avocado
- Fresh-squeezed lemon juice
- Salt and pepper (to taste)



#### Directions:

Place the avocado, beans, garlic, lemon juice, and olive oil in the bowl of a food processor or blender. Pulse until the mixture is smooth. Then, season with salt and pepper (to taste).

Recipe courtesy of [Fruitsandveggies.org](http://Fruitsandveggies.org).