



HEALTHY LIFESTYLES CLINIC

November 15, 2014

*Wondering how to stay a little bit healthier this holiday season?
Try these tips:*

- + Plan a post-meal walk, or invite family members to play outside
- + Make cooking a fun activity with your kids, try out new healthy recipes and techniques
- + Stop eating when you're full (or even before), and save the leftovers!
- + Make clean-up a group activity, get everyone involved



Health App Review: Epicurious

Free App with a variety of recipes, including healthier options

Pros: Big, clear recipe layout, voice-activated controls, can organize and share recipes, and manage shopping lists. Featured kid dishes, good for parents.



Cons: Healthy dishes are featured next to tempting, unhealthy dishes. Advertisements between recipes.



Final Score: 9/10

Skip the Salt!

When cooking all of your favorite holiday dishes this season, avoid adding too much salt. Studies have found that decreasing dietary salt intake decreased obesity risk factors such as:

- Increased blood pressure
- Sugar-sweetened beverage intake



Instead, try these alternative add-ins:

- Garlic powder or onion powder
- Fresh, ground black pepper
- Lemon/lime juice
- Ground sunflower/sesame seeds

