

NUTRITION TIPS

wellness **iq**

Eating Healthy During the Holidays

Enjoy the season and feel your best with a few simple strategies. Here are some practical tips plus three festive, healthier recipes you can make all winter long!



Tips & Tricks

1. **Balance, don't ban.** Aim for balance across the day—lighter meals before/after big celebrations help you enjoy favorites without overdoing it.
2. **Build a smarter plate.** Fill half your plate with veggies, add lean protein, then choose smaller portions of rich sides.
3. **Eat protein first.** Starting with protein and fiber helps steady blood sugar and curb mindless nibbling.
4. **Choose swaps that taste great.** Greek yogurt for sour cream, olive oil for butter, honey or maple for refined sugar—small changes add up.
5. **Stay hydrated.** Thirst often masquerades as hunger. Keep water or sparkling water nearby, especially if enjoying alcohol.
6. **Mindful treats.** Pick one or two desserts you truly love and savor them—skip the rest without guilt.

NUTRITION TIPS

Recipes



Festive Sweet Treat: Dark Chocolate Peppermint Bark

A lighter spin with antioxidants and less sugar.

Ingredients

1. 10 oz dark chocolate (70% cocoa or higher)
2. 1/2 tsp peppermint extract
3. 2 tbsp crushed peppermint candies or candy canes
4. Optional: pinch of flaky sea salt

Instructions

1. Line a baking sheet with parchment paper.
2. Melt dark chocolate gently (microwave in 30-second bursts or use a double boiler).
3. Stir in peppermint extract.
4. Spread chocolate into an even layer on the parchment.
5. Sprinkle crushed peppermint (and sea salt, if using) on top.
6. Chill 20–30 minutes until firm. Break into pieces.

Why it's healthier: Higher cocoa means less sugar and more antioxidants than milk chocolate bark.

NUTRITION TIPS

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Holiday Appetizer: Cranberry Walnut Yogurt Dip

Creamy, tangy, and perfect with veggies or whole-grain crackers.

Ingredients

- 1 cup plain Greek yogurt (2% or whole, or non-dairy)
- 1/4 cup dried cranberries, finely chopped
- 1/4 cup walnuts, finely chopped
- 1 tbsp honey or maple syrup
- 1/2 tsp orange zest
- Salt to taste

Instructions

1. In a bowl, mix Greek yogurt and honey until smooth.
2. Fold in cranberries, walnuts, and orange zest.
3. Season lightly with salt.
4. Chill at least 15 minutes before serving for best flavor.
5. Serve with: Carrot sticks, apple slices, celery, or whole-grain crackers.

NUTRITION TIPS

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Seasonal Soup: Cozy Roasted Butternut Squash Soup

Comforting, fiber-rich, and naturally sweet.

Ingredients

- 1 medium butternut squash, peeled and cubed
- 1 small onion, chopped
- 2 cloves garlic, minced
- 2 tbsp olive oil
- 4 cups low-sodium vegetable or chicken broth
- 1/2 tsp ground cinnamon
- 1/4 tsp nutmeg
- Salt and pepper to taste
- Optional: 1/4 cup unsweetened coconut milk

Instructions

1. Preheat oven to 400°F.
2. Toss squash, onion, and garlic with olive oil, salt, and pepper.
3. Roast 25–30 minutes until tender and lightly caramelized.
4. Transfer roasted veggies to a pot, add broth and spices.
5. Simmer 10 minutes, then blend until smooth.
6. Stir in coconut milk; adjust seasoning.

Why it's healthy: High in fiber and vitamin A, yet naturally creamy without heavy cream.