

# Tips from NFRA

Originally shared in NFRA's Q4 RD Newsletter

The trees are beginning to change colors and temps are cooling down... Fall is upon us – and with that, comes a change in eating habits, from light and fresh to warm and hearty dishes. This also marks the beginning of football season and the start of the holiday season – a time that brings together friends and family, often over delicious food. For many, while this is a heart-filling, favorite time of year, it too is challenging to maintain healthy eating habits through the various get-togethers and traditions.

This year, help your shoppers FALL into healthy eating, with a few tips to help navigate healthy eating through fall and winter activities.

## Navigate Get-Togethers and Maintain Healthy Eating Habits

- 1. Eat normally throughout the day.** A common practice, among many, is to skip meals leading up to a get-together. Instead, eat normally throughout the day to help keep your blood sugar stable and prevent yourself from becoming ravenous at the start of the party.
- 2. Hydrate, Hydrate, Hydrate.** Hydrating with water before and during the event is important to minimize overeating and bloating.
- 3. Load up on veggies and eat those first.** Resist the urge to fill up on multiple appetizers and instead, snack on fibrous veggies to prevent overeating the indulgent options.
- 4. Bring a healthy entrée or appetizer.** Try these delicious holiday recipes with simple swaps:
  - To accommodate those who are dairy-free, swap milk and cheese for unsweetened almond milk, nutritional yeast and pumpkin to create a decadent dairy-free cheese sauce, and whip up this **Vegan Pumpkin Mac & Cheeze!**
  - Take a common favorite – guacamole – and combine it with a protein source such as cottage cheese to increase protein and calcium, and top it on sweet potatoes for these delicious **Sweet Potato Avocado Bites.**
  - Replace ground beef with ground turkey to decrease saturated fat, and prepare these **Turkey Cranberry Meatballs** - perfect for a tailgating snack or holiday party.
  - Perfectly portion your appetizers. Portioning out your appetizers will allow guests to sample a few different dishes without feeling too full or guilty. Try these portioned **Phyllo Chicken Florentine Bites!**
  - Add some pizzazz to your frozen veggies. Bake or sauté a batch of frozen Brussels sprouts or green beans, and toss with pecans, cranberries, and oil/balsamic. No peeling, chopping, or washing required – easy and nutritious!
- 5. Don't pass up the dessert.** The most important piece of advice is to ENJOY YOURSELF! Eat what you love... there's no reason to pass up dessert, but eat it in the right portion and after filling up on a variety of nutritious foods. Check out the frozen aisle for single serve desserts to help manage portions.



For more tips and recipes, visit [EasyHomeMeals.com](https://www.EasyHomeMeals.com)

