



MEDIA ADVISORY

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Here's to a Healthy Holiday!

November 29, 2022, Columbus, TX –

This most wonderful time of the year is known for cozy weather, family gatherings, and delicious holiday meals and treats. Many times, these foods are high in calories, saturated fats, sodium, and added sugars. Therefore, it is important to be mindful of the foods and portions we are choosing. "Holiday foods play an important role in bringing people together and connecting us with culture and traditions, but keep in mind that moderation is key", said Amy Valdez, Extension Program Specialist with Texas A&M AgriLife Extension. "One should aim to include these recipes as a part of a well-balanced meal for a healthy holiday season", Valdez continued.

Cooler outdoor temperatures might also encourage us to be more sedentary. Physical activity is just as important as making conscious food choices. According to the Physical Activity Guidelines for Americans, adults should incorporate at least 150 minutes of moderate-intensity physical activity and two days of muscle strengthening into their weekly routine. Valdez states, "Physical activity is anything that gets your body moving. It can be an indoor or outdoor activity and can include gardening, dancing, or following along with an exercise video. There are so many options, so choose whatever activity you enjoy and get your body moving"!

Incorporating a few small changes can really make a difference during the holiday season. Here are some quick tips to make your holidays a little bit healthier:

- **Add to Your Plate!** Instead of worrying about what to take off your plate this holiday season, add to it! Add colorful veggies and fruits, whole grains, lean protein, and low-fat dairy options to ensure you have a well-balanced meal. Don't hesitate to enjoy and savor holiday favorites but eat those in moderation.
- **Avoid Distracted Eating-** The holiday season is a prime time for endless snacking and many times we can eat mindlessly with distractions such as the television or an intriguing conversation. During this time, try setting a place at the table to eat and serving yourself a plate. Be mindful of the delicious foods that you are consuming and try to avoid distractions, if possible.
- **Include a Holiday Exercise Activity-** Start a fun family tradition of incorporating physical activity this holiday season. Whether it be a family walk or a holiday 5k run, you'll get your body moving by making memories and traditions with your family.
- **Visit Texas A&M AgriLife Extension's Dinner Tonight Program-** Dinner Tonight offers delicious and budget-friendly recipes that are great to include in your holiday meals. To check out some delicious recipes, visit <https://dinnertonight.tamu.edu>
- **Give a Gift That Keeps on Giving-** If you don't know what to gift that special someone, give a gift that keeps on giving such as Texas A&M AgriLife Extension's Dinner Tonight-Essentials Cookbook

or an educational course such as Cooking Well Exploring Cultures. Check these out at <https://agrilifelearn.tamu.edu/>

While the holidays can be a stressful time to stay healthy, trying these tips is a great starting point. More importantly, enjoy the family fun, make memories, eat those holiday treats, stay active, and have a happy holiday season!

For more information on how you can celebrate a healthy holiday, contact your Colorado County extension agent at 979-732-2530.

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TIPS FOR A HEALTHY HOLIDAY



Add to Your Plate

- Add foods from the five food groups to make a well-balanced meal while still enjoying holiday favorites.



Avoid Distracted Eating

- Set a place at the table free from distractions and serve yourself a plate.



Include a Holiday Exercise Activity

- Start a fun family tradition of incorporating physical activity this holiday season.



Visit Texas A&M AgriLife Extension's Dinner Tonight Program

- Visit dinnertonight.tamu.edu for healthy holiday recipes.



Give a Gift That Keeps on Giving

- Visit agrilifelearn.tamu.edu for great educational gifts such Texas A&M AgriLife Extension's Cooking Well Exploring Cultures course or the Dinner Tonight-Essentials Cookbook.

Please feel free to contact me if you have any questions.

Sincerely,

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