

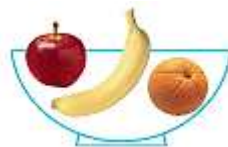


TIP OF THE WEEK



De-Stress: Keep It Simple... and Healthy

- ❖ Buy vegetables that are easy to prepare. Pick up pre-washed bags of salad greens and add baby carrots or grape tomatoes for a salad in minutes. Buy packages of veggies such as baby carrots or celery sticks for quick snacks.
- ❖ Use a microwave to quickly “zap” vegetables. White or sweet potatoes can be baked quickly this way.
- ❖ Keep a bowl of whole fruit on the table, counter, or in the refrigerator.
- ❖ Popcorn, a whole grain, can be a healthy snack with little or no added salt and butter.
- ❖ Freeze leftover cooked brown rice, bulgur, or barley. Heat and serve it later as a quick side dish.
- ❖ Consider convenience when shopping. Buy pre-cut packages of fruit (such as melon or pineapple chunks) for a healthy snack in seconds. Choose packaged fruits that do not have added sugars.
- ❖ Dried fruits also make a great snack. They are easy to carry and store well. Because they are dried, $\frac{1}{4}$ cup is equivalent to $\frac{1}{2}$ cup of other fruits.
- ❖ Buy fruits that are dried, frozen, and canned (in water or juice) as well as fresh, so that you always have a supply on hand.



For additional Holiday Tips from Centers for Disease Control and Prevention, please visit: www.mypyramid.gov/holiday-keepitsimple.html