



Mno-Bmadzewen

Living in a Good Way | Volume 12 | December 2018



News

- **Hold it for the Holidays** – Remember to weigh out for Hold it for the Holidays Challenge. Individuals who maintain their weight within five pounds will receive a gift and those who maintain their weight within a pound or lose weight will receive a gift and a gift card! Weigh outs will be:

- Jan. 9 from 5 to 8 p.m. at the Grand Haven Community Center
- Jan. 8 from 9 a.m. to 3 p.m. at the Grand Rapids Health Facility
- Jan. 9 from 9 a.m. to 3 p.m. at the Pine Creek Health Facility

For more information, please contact Health Educator Brianne Parrish at 616.514.3652 or brianne.parrish@nhbp.org.

- **Diabetes in Motion** – Be sure to finish the program requirements for the 2018 Diabetes in Motion before Dec. 31 to receive full program incentives. For more information about the program, contact Health Educator Brianne Parrish at 616.514.3652 or brianne.parrish@nhbp.org.



Recipe: Wild Rice Cranberry Stuffing

Ingredients:

- 2 cups Wild Rice
- 5 cups chicken broth
- 1 cup diced celery
- ½ cup minced onion
- ½ cup dried cranberries
- 1 sweet potato, per serving
- Spices: Salt, pepper, sage, thyme and garlic



Instructions:

1. Bring Wild Rice, celery, broth, onion and cranberries to a boil.
2. Reduce heat and stir in spices to taste.
3. Simmer for 35 minutes and check often to make sure it doesn't get mushy. Serve as a side dish or stuffing for a turkey.

HOLIDAY COOKING SWAPS



Black Beans instead of Flour:

Flour contains a high amount of calories with little nutritional value. It also has a high glycemic index. Substituting black beans instead of flour can cut the calories nearly in half and beans contain more nutrients. Swap one cup of flour for cooked, rinsed and pureed black beans.

Avocado instead of Butter:

Butter is high in cholesterol and fat, but 1/5 of an avocado contains only six grams of fat, which is nearly half of the fat in one tablespoon of butter! Replace butter with equal parts of avocado in any baked good for a simple and healthy fix.

Greek Yogurt instead of Mayo:

One serving of mayonnaise contains 22 grams of fat and 195 milligrams of sodium. One serving of Greek yogurt only contains 1 gram of fat and 13 milligrams of sodium. Swap mayo for Greek yogurt for an easy and tasty swap.

Applesauce instead of Oil:

One cup of unsweetened applesauce contains 100 calories, while one cup of oil packs a whopping 1900 calories! To cut all the fat and savor all the flavor, replace oil with ¾ the amount of applesauce.

Health topics discussed in this mailer are intended to provide general health information. For condition specific or personalized health information, please contact your medical provider or schedule an individual appointment at an NHBP Health Facility.