



## HEALTHY HEART

### Eat, Sleep, Be Merry

#### Healthy Tips for the Holiday Season

Maintaining a healthy lifestyle should be a year round goal and not just on the holidays. However, it is understandable how all the festive treats and celebrations during this time of year may be challenging for you to keep up your routine. While it is enjoyable to celebrate with family and friends, it is also important to be cognizant of a few simple rules to help you stay on a healthy track.

Here they are:

- Do not use the holidays as an excuse to ignore the daily activities. Continue to take the stairs, go for walks, eat right, and plan family outings.
- Treats will be plentiful at the holiday parties. Try to limit yourself to just a few treats that pique your interest. Don't just eat something because it's there. As always, moderation and mindfulness are key.
- Endeavour to resume your routine when the festivities start to dwindle down. You do not have to wait until the new year to get back on track. Keeping the same bedtime schedule should be a top priority as it can help structure your daily duties.

- If you are hosting a party, be sure to offer a few healthy choices for your guests rather than serve foods that are loaded in sugar and fat. A veggie and fruit platter is a better choice over cakes and cookies. You can also to set up a smoothie station with plenty of veggies, flax oil, and frozen berries for your guests to make their own drinks.
- Eat a healthy snack before you attend a party. That way, you avoid the hunger pangs so you don't over-eat.
- Allow yourself to unwind and recharge during the holidays. While it may be tempting to partake in every festivity, select the ones that appeal to you the most. For the obligatory events, remember that you do not have to stay until the end.

## HEALTHY MIND

### Bah-Humbug!

#### How to Beat the Holiday Blues

Are you feeling blue whenever you see the festive red and green holiday reminders? Chances are, you are not alone. During what may be one of the biggest annual celebratory times is when some people are feeling less than happy, says Paul Keck, M.D., President-CEO, Lindner Center of HOPE, and Lindner Professor of Psychiatry and Behavior Neuroscience, University of Cincinnati College of Medicine.

Rather than dwell on the reasons on what causes the holiday blues, let's focus on how to beat them.

*Huffington Post* offers these tips:

- We are familiar with that saying “misery loves company”, but there is also growing evidence that happiness is contagious. Elect to be around happy people with positive outlooks on life.
- The power of the mind can do wonders. Rather than mulling over sad memories, try counting your blessings. Be grateful for those who are in your life and think of how grateful they are to have you in their life.
- Keep a sense of humour. This is a valuable coping skill so make sure it is readily available when things don't go as planned. Try to get a giggle when a recipe doesn't pan out or when your kids make a mess.
- Make a realistic plan. We often try to do too much and feel disappointed when the “to-do” list isn't completed. Scale back and think realistically about what can be accomplished in a given timeframe.
- Stick to a routine. That way you can structure our day and don't create any more stress. Be sure to prepare accordingly if you foresee heavier days (and lighter days).
- Plan some down time after all the events. Your body is probably running on adrenaline during the peak of all the festivities and could “crash” afterwards. Give yourself some time to revive and recharge when everything is done.

## HEALTHY LIVING

### Cheers!

#### Eggnog for Adults

Traditional eggnog has 300 calories and 20 grams fat (11 grams saturated). *EatingWell* (Nov/Dec 1998) offers this delicious, low-fat version of the classic eggnog for adults.

*Makes:* 12 servings, about 1/2 cup each

*Active Time:* 30 minutes

*Total Time:* 8 1/2 hours (including 8 hours chilling time)

#### Ingredients

- 6 cups 1% milk
- 1/8 teaspoon freshly grated nutmeg, (see Tip)
- 2 large eggs
- 2/3 cup sugar
- 2 tablespoons all-purpose flour
- 1/4 teaspoon salt
- 1/4 cup brandy, bourbon or rum
- 2 teaspoons vanilla extract
- 1/4 cup light whipping cream

#### Preparation

- Bring milk and nutmeg to a simmer in a heavy medium saucepan over low heat, stirring occasionally.
- Whisk eggs, sugar, flour and salt in a large bowl until smooth. Whisking constantly, gradually add hot milk; return mixture to saucepan.
- Cook the eggnog over very low heat, stirring constantly, until thick enough to coat the back of the spoon, 10 to 15 minutes. (Temperature must reach 160°F; do not let eggnog come to a simmer.) Remove from the heat and pour through a fine-meshed sieve into a bowl.
- Whisk in brandy (or bourbon or rum) and vanilla. Place a piece of plastic wrap directly on the surface of the eggnog and refrigerate until chilled, for at least 8 hours or overnight.
- Just before serving, add cream to eggnog. Ladle into cups and serve garnished with more grated nutmeg.

#### Tips & Notes

- Make Ahead Tip: The eggnog will keep, covered, in the refrigerator for up to 2 days.
- Tip: Use a nutmeg grater or the tiniest holes of a box grater to grate whole nutmeg.