


Welcome to the
December
Statewide
Wellness Virtual
Lunch and
Learn

Hosted by:
OSHR Worksite
Wellness

If you participate in the State Health Plan, you can find a nutritionist close to you by logging into your BCBSNC account or calling BCBS. Dietitian visits are covered at 100% when an in-network provider is used. Visit www.shpnc.org to learn more.

For future wellness lunch and learn events, or recordings of previous events, visit <https://oshr.nc.gov/wellness-webinars>.

Let's LUNCH AND LEARN!



Healthy additions
to your plate this
season!

By Katie Godin, RD, LDN



Healthy
Holidays

Katie Godin, RD, LDN

- Lifestyle Medical Centers offers Nutrition Counseling to assist with educating you on how to make positive lifestyle changes alongside continual support and encouragement.
- Services offered:
 - Weight Management
 - Women's Health
 - Sports Nutrition
 - Chronic Disease Counseling
 - Bariatric Support
 - Smoking Cessation
 - Sleep Assessment and Stress Management



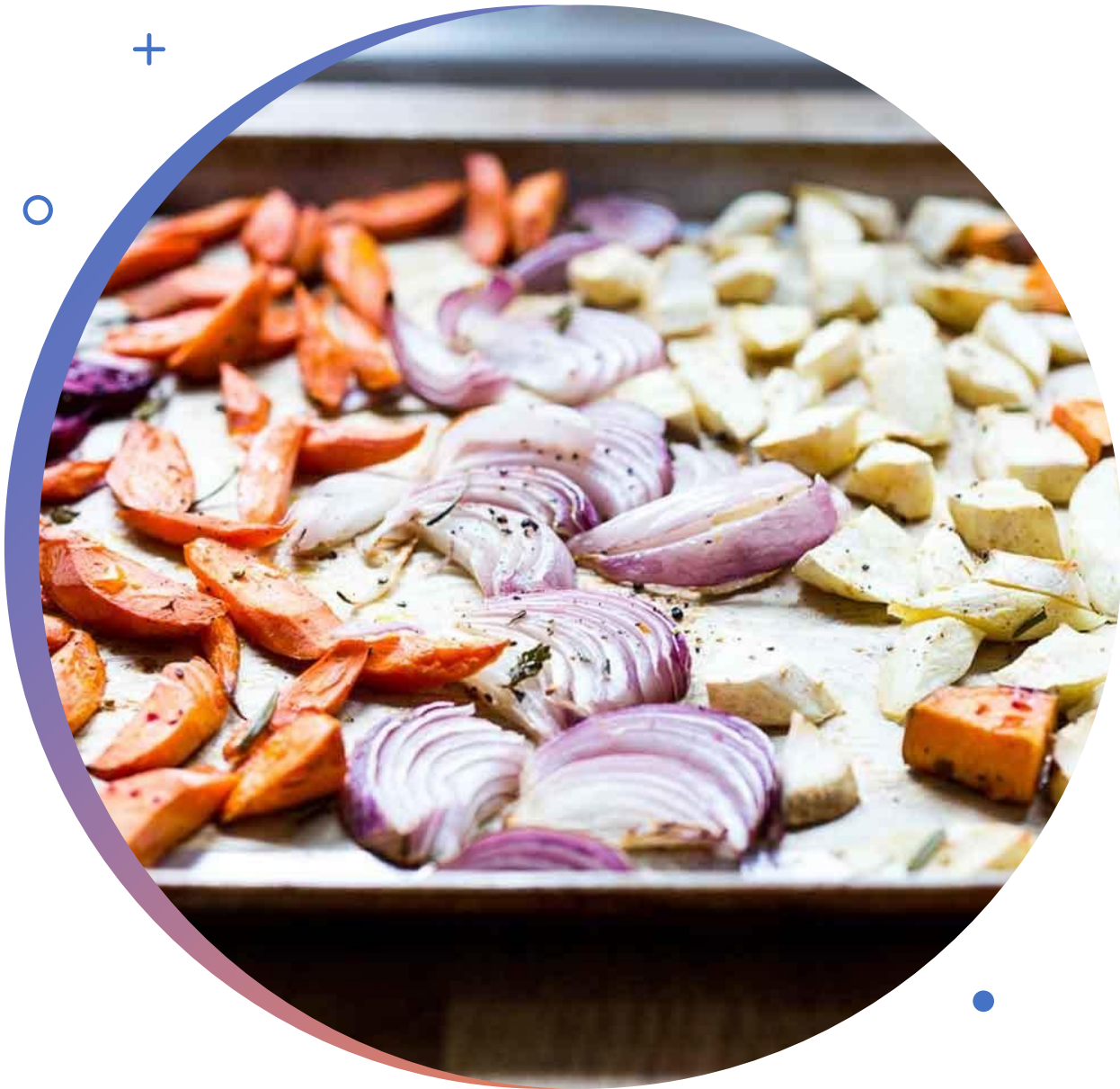
LifeStyle
MEDICAL CENTER

Evidence-based Lifestyle Modification
and Medical Nutrition Therapy



Homemade Cranberry Sauce

- Replacement OR Compliment to Gravy!
- If you haven't tried homemade cranberry sauce – you are truly missing out!
- This nutrient dense swap is loaded with Vitamin C and Fiber!
- <https://www.eatingwell.com/recipe/268044/the-best-homemade-cranberry-sauce/>



Roasted Root Vegetables

- Holiday dishes can be loaded with breading / sauces - so incorporating some roasted root vegetables can be a nice addition to your Holiday plate this year!
- Veggies to try: Cauliflower, Brussels Sprouts, Sweet Potato, Carrots.
- <https://www.eatingwell.com/recipe/257723/sheet-pan-roasted-root-vegetables/>



Green Bean Almandine

- As a swap for Green Bean casserole (Or compliment!)
- <https://www.eatingwell.com/recipe/7878244/green-beans-amandine/>
- If you desire Green Bean Casserole – you must try this recipe!
- <https://www.eatingwell.com/recipe/260750/slow-cooker-green-bean-casserole-with-crispy-onions/>



Mashed Cauliflower and Potato Blend

- For a lower glycemic option (better blood sugar control) , blending cauliflower with your mashed potatoes can be a healthy twist on this classic.
- <https://bowl-me-over.com/cauliflower-mashed-potatoes/>



Sweet Potato Casserole

- Try swapping marshmallows and brown sugar for healthy seeds, nuts and rich spices.
- If you do desire Sweet Potato Casserole try this recipe!
- <https://www.eatingwell.com/recipe/268408/no-sugar-added-sweet-potato-casserole/>



Lightened up Spinach Dip

- Dips are such a fun and easy side item for various parties and family gathering's over the Holiday's. However they can come with a lot of unnecessary calories. Try this lightened up Spinach dip that packs more of a nutritious punch!
- <https://www.eatingwell.com/recipe/262159/slow-cooker-spinach-artichoke-dip/>
- Also – this dip from Trader Joes is one of my absolute favorites!
- Serve with whole grain toasted bread and/or vegetables.





Veggie Tray

- An easy way to add veggies to your Holiday meal plan is with a veggie tray. Try making it fun and festive!
- <https://www.eatingwell.com/gallery/2056131/delicious-christmas-appetizers-that-can-be-made-ahead-of-time/>

Winter Charcuterie Board

- A nice addition to loaded dips and other heavy appetizers is a Charcuterie board. A recipe isn't necessary but sometimes having inspiration helps!
- <https://www.eatingwell.com/recipe/268786/winter-meat-cheese-board/>



Lightened Up Pumpkin Pie

- This pumpkin pie can provide all the flavor needed for less than 200 calories a slice.
- <https://www.eatingwell.com/recipe/259437/light-and-luscious-pumpkin-pie/>



Other dessert recipes to try:

- Apple Crisp: A nice healthy twist to a seasonal favorite!
<https://therealfooddietitians.com/paleo-apple-crisp/>
- Peppermint – Chocolate Greek Yogurt Bark: A simple yet delicious alternative to traditional Peppermint Bark!
<https://www.eatingwell.com/recipe/277502/peppermint-chocolate-greek-yogurt-bark/>



Holiday Drink Features

- Holiday beverages can be loaded with calories, especially coming from sugar. These are some lower-sugar alternatives to include at your Holiday parties or gatherings this year if desired!
- Cranberry Prosecco Cocktail:
<https://www.eatingwell.com/recipe/268051/cranberry-prosecco-cocktail/>
- Pomsettia:
<https://shawsimpleswaps.com/pomsettia-skinny-festive-cocktail/>





Let's Cook!
Today's Features..

Roasted Cauli and
Cheese

Creamy Apple and Pear
Salad