

DECEMBER 2020



NUTRITIONALLY SPEAKING



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DECEMBER'S FEATURED FOOD:

Peppermint

Although peppermint's time to shine is during the holidays, it can do a lot more than just add a minty kick. Peppermint can be used to help treat nausea and improve abdominal pain and cramping.

Try this quick mint tea: boil water and steep fresh peppermint leaves for 5 minutes. It's great to have after dinner!

What's Inside This Issue?

- Immunity-boosting foods
- Tips for hosting a virtual holiday party
- Recipe: healthy peppermint hot chocolate
- Dear Renata & Andrea
- Nutrition Department Events



Immunity-Boosting Foods

Chilly weather brings cold and flu season. Try these foods to help keep your immune system strong in addition to wearing a mask, washing your hands, and social distancing this year.

Citrus Fruits

Oranges, grapefruit, and clementines are great choices

Red Bell Peppers

Try them in soups, roasted, or raw with hummus

Broccoli

Roast with olive oil for an easy and delicious side dish

Garlic

Full of flavor and boosts your immune system. Win, win!

Ginger

Add to smoothies and soups for a spicy kick

Spinach

Easy to sneak into soups, sauces, and smoothies

Yogurt

Choose non-fat Greek yogurt for a great protein source too

Turmeric

Vibrant yellow spice with anti-inflammatory properties

Green Tea

Warm, comforting, and full of antioxidants

Kiwi

This small fruit packs in tons of vitamins and minerals

Poultry

Turkey and chicken are a great source of vitamin B6

Almonds

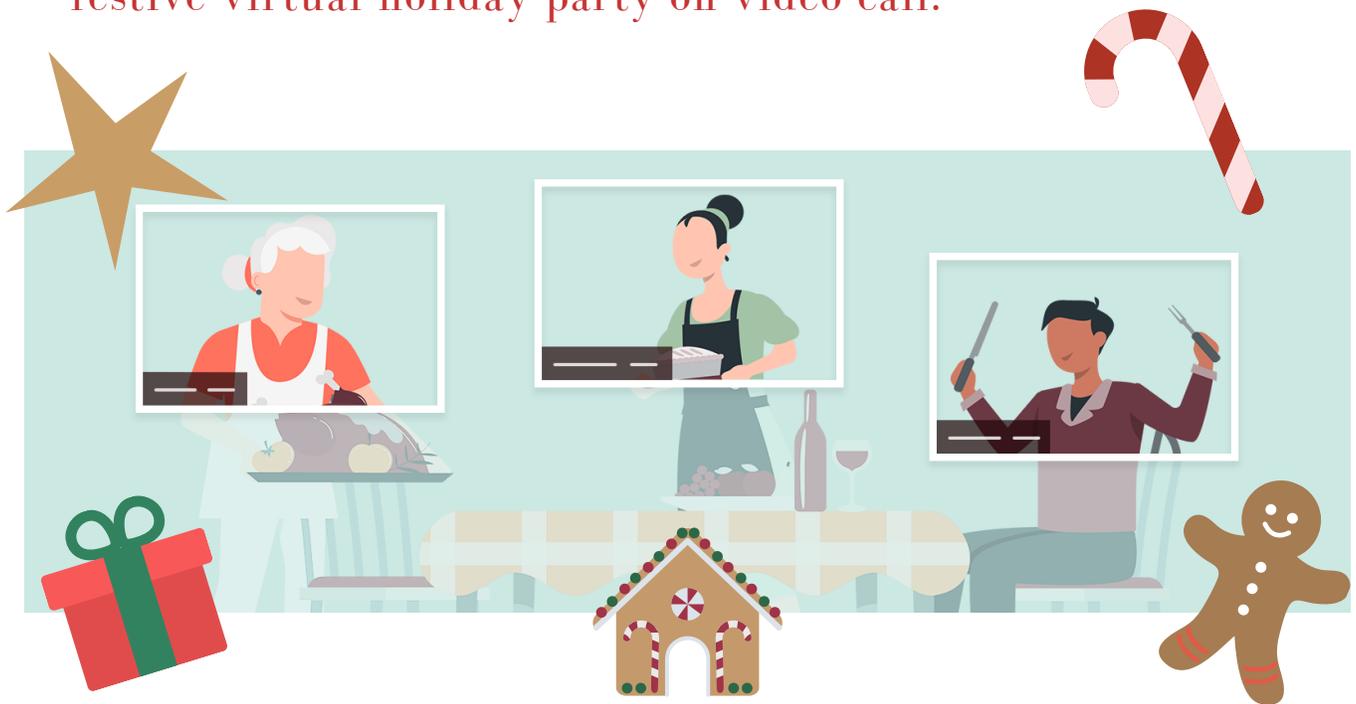
A great source of vitamin E and healthy fats



A Socially-Distanced Holiday

SPREADING PEACE, LOVE, AND JOY. (THAT'S IT!)

We understand that the holidays may look a bit different this year. While we continue to do our part and socially distance to stop the spread of COVID-19, we can't help but feel a bit isolated. Here are some tips to have a fun and festive virtual holiday party on video call.



- Swap recipes and have everyone prepare the same meal so you can sit down and share a meal with loved ones
- Have everyone dress up in their favorite holiday sweaters
- Host a virtual Secret Santa gift exchange
 - Have everyone mail gifts ahead of time and open them together after dinner.
 - Have each person try to guess who their Secret Santa is!
- Have a movie night together
- Play virtual charades

Healthy Peppermint Hot Chocolate



Bonus: dark chocolate is a rich source of antioxidants!

enjoy!

INGREDIENTS

2 cups low-fat or dairy-free milk
1 3.2-ounce bar of dark chocolate, chopped
1-2 tablespoons sweetener of choice
1/8-1/4 teaspoon peppermint extract

DIRECTIONS

Heat milk in a saucepan over medium-low heat until warm. Add chocolate and sweetener. Whisk until chocolate is melted and combined. Remove from heat and add peppermint extract. Top with whipped cream and crushed candy canes.

Serves 3 people





Dear Renata & Andrea

DEAR RENATA & ANDREA,

I'M HAVING TROUBLE STAYING FOCUSED ON MY HEALTH GOALS AS THE HOLIDAYS COME AROUND AND I'M SURROUNDED BY DECADENT FOODS. DO YOU HAVE ANY TIPS?

- LR

Dear LR,

We completely understand where you're coming from! Our favorite foods that we grew up with during the holidays bring us comfort and joy. It's easy to overindulge! We don't want you to feel restricted or to treat any food as a "bad food," but we can all be a bit more mindful of our choices.

Start your day with a hearty breakfast such as warm oatmeal or a veggie-packed omelette. Make sure you're drinking plenty of water and not skipping any meals either. When it comes to the big dinner, try to fill your plate with vegetables and lean cuts of meat. Be conscious of portion sizes as well. It helps to also be mindful of why you're reaching for certain foods and how you feel after eating them.

Lastly, be kind to yourself. The holidays are about spending time with our loved ones so be present in the moment. One meal or one holiday will not erase your progress. Enjoy the day and get right back on track. You've got this!

Happy Holidays!

- Renata & Andrea





Nutrition Department Events

Nutrition Wellness Group

ZOOM

Meeting ID: 885 3021 5779

Every Wednesday

EST 11:00 AM - 12:00 PM

Individual Nutrition Therapy

By appointment only

Telehealth available

Contact Renata Shiloah MS RD CDN RYT

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**Check the Nutritionally Speaking with Renata Shiloah MS RD CDN RYT
Facebook Group for announcements**