

Drop 5 of COVID-19 — holiday support

Holiday time is full of food traditions and once-a-year favorites. If you're trying to lose weight or maintain a loss, it can be a bit of a challenge. But you can enjoy the holidays and stay on track.

Here are some tips to prevent weight gain and promote weight loss:

- Consider factors that drive weight gain
- Be mindfulness during meals
- Be honest about weight-loss goals
- Choose your splurges
- Pay attention to the drinks
- Make new active traditions
- Offer healthy foods as appetizers
- Be kind to yourself and avoid guilt
- Don't skip meals
- Strategize food and drink placement
- Weigh yourself

Sometimes a simple swap makes the difference. Some swaps you might want to consider:

Dish swaps and considerations

- Cauliflower mashed potatoes
- Mini desserts
- Turkey with skin removed
- Lower-sugar cranberry apple walnut chutney (see recipe below)
- Savory sweet potato dish

Ingredient swaps

- Apple sauce for butter
- Greek yogurt for sour cream
- Mashed bananas for sugar
- Oil instead of butter
- Avocado in chocolate mousse

Recipe highlight

Healthier Cran-Apple Walnut Chutney

Ingredients

- 12 oz bag fresh cranberries
- ½ cup honey
- ½ cup water
- Ground allspice, a pinch
- ½ teaspoon ground cinnamon
- 1 sweet apple, peeled and diced
- ½ cup chopped walnuts, toasted
- 2 teaspoon brandy
- ☒ 10 grams less sugar than traditional cranberry sauce

Instructions

1. Simmer water, honey cranberries, allspice, cinnamon overheat for five to 10 minutes (until cranberries start to pop) and stir frequently.
2. Add walnuts and apples, let simmer for five minutes and stir
3. Stir in brandy and let simmer for another minute
4. Remove from heat, let cool and serve or store

Sources: ahealthiermichigan.com*

*Blue Cross Blue Shield of Michigan and Blue Care Network don't own or control this website.