



HEALTHY to a "T"

December 2019

Harvest of the Month

Pumpkin



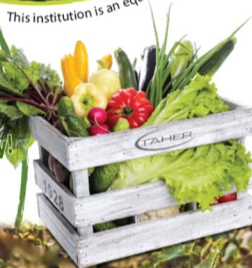
FUN FACTS:

Pumpkins range in size from less than 1 pound to over 1,000 pounds. They are typically orange, but can be yellow, white or green.

80% of the pumpkin supply in the U.S. is available in October.

Stir canned pumpkin into oatmeal. Sprinkle with pumpkin pie spice and top with walnuts. Enjoy!

The seeds can be roasted for a snack that is high in iron and protein. The flowers are edible, too!



This institution is an equal opportunity provider.

How to Beat Stress Eating

Feel as if there is nothing you can do about stress? Do you turn to food whenever you're stressed out? Everyone has these same thoughts at some point in their life, but you have more control than you think. Stress management is about taking charge. No matter how stressful your life seems, there are steps you can take to relieve the pressure and regain control. There is no "one size fits all" solution to managing stress. Here are a few healthy ways of coping with stress:

- **Eat a healthy diet** – a well-nourished body is better prepared to cope with stress and fight off illnesses.
- **Fit in fitness every day** – exercise releases endorphins, which improves a person's mood and aides in relieving stress.
- **Reduce caffeine and sugar** – they provide temporary "highs" and then end with a crash of energy and mood.
- **Get outdoors** – enjoy natural sunlight and fresh air, both known to increase energy, reduce stress and anxiety, and increase happiness.
- **Don't deprive yourself of foods you love** – this may lead to binge eating.
- **Set ground rules about eating** – the 80/20 rule ~ eat healthy 80% of the time and treat yourself the other 20%.
- **Identify your triggers** – try to avoid them, and prepare yourself if you find yourself unable to avoid them all the time.
- **Relax** – get your 15 minutes of peace and quiet to unwind and just breathe.
- **Be good to yourself** – think positively, and remove the negative thoughts and actions in your life.

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HARVEST OF THE MONTH RECIPE—DECEMBER

Pumpkin Lyonnaise

Yield: 4 servings

2 lbs	of a pie pumpkin
1	yellow onion
2 Tbs	minced garlic
1/2 cup	butter
1/4 cup	rice vinegar
2 Tbs	ground cinnamon

RECIPE NUTRITION SNAPSHOT ~ 1 serving

190 calories, 10g total fat, 7g saturated fat
30mg cholesterol, 4g fiber, 8g sugar
35mg sodium, 23g carbohydrate, 3.5g protein

1. Cut the pumpkin in half. Seed it. Peel the rind. Cut into 1/2" slices.
2. Peel and julienne-cut the yellow onion.
3. Heat skillet on high heat. Melt butter. Add rice vinegar.
4. Add pumpkin slices, yellow onion, and garlic.
5. Cook until pumpkin slices are tender, but stay together, and onions are wilted.
6. Add cinnamon at the end of cooking process. *Serve and enjoy!*

