

PSA #1: Simple Recipe Modifications

Want to stay on a healthy track this holiday? Here are some simple recipe modifications to help you do so. One - Use whole wheat bread in your stuffing recipe and replace some of the bread with chopped vegetables. Two - Substitute two egg whites for one whole egg. Three - Replace cream with fat free, evaporated milk. Small changes such as these *do* make a difference. This health tip was brought to you by the Bozeman Dietetic Association. Visit <http://www.eatrightmontana.org/> for more tips.

PSA #2: Easy ways to increase your veggie intake.

Need more veggies in your life? Here are some simple ways to increase your intake. One- Stir veggies into your omelet or scrambled eggs. Two-add fresh or frozen vegetables to cans of low sodium soup or to the top of your pizza. Three-Keep raw veggies, such as carrots, broccoli, and bell peppers on hand so you have something crunchy and healthy to reach for at snack time. This health tip was brought to you by the Bozeman Dietetic Association. Visit <http://www.eatrightmontana.org/> for more tips.

PSA #3: Holidays and Exercise

Think holidays can be stressful? Exercise will keep you feeling refreshed, strong, and less stressed. Try the following: One- Bundle up and walk in a neighborhood that has good Christmas light displays. Two-Plan a family outing that involves physical activity like hiking, walking, biking, skating, or sledding. Three- While shopping, take extra laps around the mall or add 15 minutes of walking Main Street if shopping downtown. This health tip was brought to you by the Bozeman Dietetic Association. Visit <http://www.eatrightmontana.org/> for more tips.

PSA #4: Holiday Parties

Afraid of making poor food choices at holiday parties? Try these suggestions: One-Don't go to a party hungry. Eat a healthy snack or meal ahead of time. Two- If asked to bring a dish, choose a healthy alternative including fruits and vegetables. Three-Focus less on the food and more on your friends and family. Enjoy catching up and sharing laughs. Position yourself opposite the buffet table. This health tip was brought to you by the Bozeman Dietetic Association. Visit <http://www.eatrightmontana.org/> for more tips.