


Wishing you a joyous holiday season and a New Year filled with peace and good health from all of us at Tri-Valley



Healthy Eating Over the Holidays

Pile on the Veggies - Most Americans do not eat the recommended 3 or more servings of vegetables each day. Low in calories & carbohydrates and full of vitamins, minerals, & fiber, vegetables are a sure bet to keep your hunger at bay. Eating more veggies & fruit can also help lower your risk of heart disease, obesity, high blood pressure, diabetes, and cancer. Aim for 2 ½ cups or more of vegetables each day.

Up your Fiber intake – Getting enough fiber is important for overall health. Diets high in dietary fiber promote regularity and can help reduce the risk of cardiovascular disease and cancer. The recommended daily intake is 25 grams of fiber. Good fiber sources include beans, nuts, seeds, fruits, vegetables & whole grains like oats & oatmeal, corn, quinoa, whole wheat, brown rice, and popcorn!

Eat Less Meat – Eating less meat, especially red meat, is good advice. Choose lean protein sources more often - fish, beans, nuts, nut butters, seeds, lentils, and tofu. Enjoy Omega-3 rich foods like salmon, tuna, sardines, walnuts, & flaxseed. Omega-3 fortified eggs are also a good choice. Keep meat & poultry portions small & lean. Avoid fried or battered foods and processed meats like bacon.

Satisfy your Sweet Tooth with Fruit – Americans also fall short on eating enough fruit each day. Full of vitamins, minerals, and fiber, choose fresh, frozen, or canned fruit when you crave something sweet. Aim for 2 cups of fruit every day; Aim for 5 or more servings each day of fruits and vegetables combined.

Stay Hydrated – We all enjoy our spirits around the holidays but try to keep alcoholic drinks to a minimum; enjoy a wine spritzer on occasion made with mostly seltzer water and a splash of wine; stay hydrated by drinking water, plain tea, or coffee. Limit cider and juice to 1 small glass. Avoid sugary drinks, like soda, as they contain a lot of calories and added sugar but have no nutritional value.

Tri-Valley receives federal financial support under the Older Americans Act provided by the Central Massachusetts Agency on Aging and the Massachusetts Executive Office of Elder Affairs.