

Helping you

CLINICAL • ADVOCACY • RELATIONSHIPS • EMPOWER

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December Spotlight: Healthy eating habits

This month, we're highlighting information about healthy eating habits. You'll also find other wellness-related resources, links to *Healthy You* articles, mental health tips and healthy recipes.

Check out these articles about how to eat healthy, particularly around the holidays, from our CARE Health Education Library. To view a Spanish version of any of the articles in the library, select the **ES** icon in the top right corner.

- [Portion size](#)
- [Tamaño de las porciones](#)
- [12 healthy snacks with 200 calories or less](#)
- [12 refrigerios saludables con 200 calorías o menos](#)

These additional links from other health organizations offer more information about smart food choices:

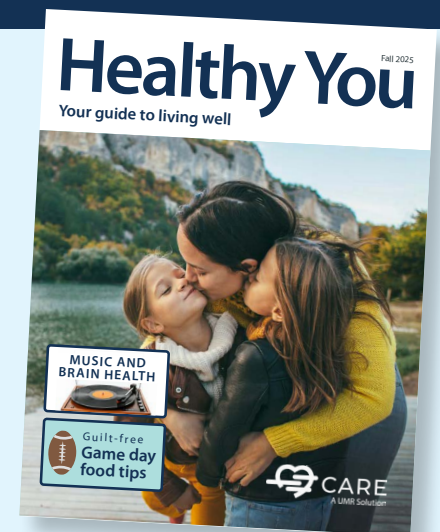
- [Delicious and healthy holiday eating](#)
- [Overcoming roadblocks to healthy eating](#)
- [Dining out doesn't mean ditching your diet](#)
- [Mindfulness training can promote healthy choices](#)

Healthy recipes

- [USDA MyPlate Kitchen Hanukkah menu cookbook](#)
- [USDA MyPlate Kitchen Christmas menu cookbook](#)
- [Roasted tomato soup with grilled cheese croutons](#)
- [Healthy mac and cheese](#)
- [Pumpkin cheesecake smoothie](#)

Mental health awareness

The holidays bring chances for joy and connection, but the extra activities and expectations can feel overwhelming. Balancing traditions, finances and social plans may challenge routines. Yet recognizing this gives us space to focus on what matters most — gratitude, meaningful moments and self-care. Here are [5 tips to help you reduce holiday stress](#).



Healthy You magazine

Here's what's in the latest issue of *Healthy You*, an award-winning magazine with health and wellness articles that support and encourage your healthy choices.

[Roasted Brussels sprouts, potatoes and chicken](#)

This versatile, fall, baked recipe is an easy, complete meal.

[Pump up the jam](#)

Discover the many ways music can benefit your health.

[Preventing falls](#)

Follow these simple steps for a safer life.

Find the entire [Fall](#) issue [here!](#)