

## Holiday Eating Tips

- The holidays are a fun time to enjoy food and spend time with others.
- Your care team at Strive is here to help you while still enjoying the season.
- Here are some simple tips to help support your health during the holidays.



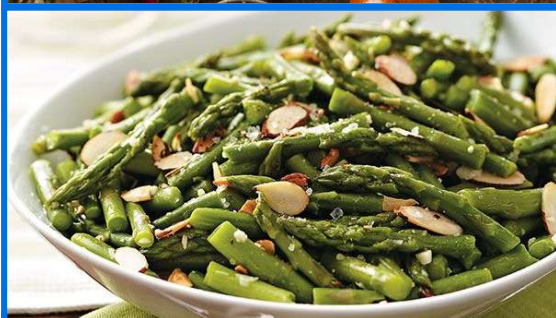
### Tip #1: Keep a regular eating pattern

- Try not to skip meals during the day. Skipping meals can make you **very hungry later**, which can lead to overeating.
- Try to eat **every few hours** to help your body feel steady.
- If you have diabetes, eating regularly can help keep your **blood sugar in a healthy range**.



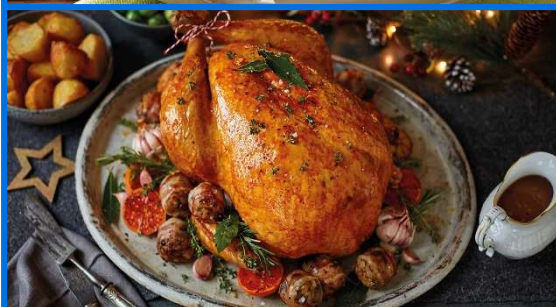
### Tip #2: Build a Balanced Plate

- Try to build a **balanced plate** at meals.
- Fill half your plate with **vegetables**
- Add a quarter with **starches** like potatoes or bread
- Add a quarter with **protein** like turkey, chicken, or fish



### Tip #3: Fill up on veggies first!

- Start by building a **balanced plate**.
- Fill half your plate with **vegetables**
- Add a quarter with **starches** like potatoes or rolls
- Add a quarter with **protein** like turkey, chicken, or fish
- Try eating your **vegetables first**. They can help you feel **full sooner** and help keep your blood sugar steady.



### Tip #4: Practice protein portion control!

- Eating too much protein may be hard on your kidneys.
- Try to keep protein portions **small**. A good amount is about the size of a **deck of cards**.
- Choose lean proteins like **chicken, turkey, or fish** when you can.



### Tip #5: Choose low sodium flavors!

- Make your own lower-salt dishes to bring when you can.
- Use **no-salt seasonings** or herbs for flavor.
- When you pick gravy or dressing, try to choose **ones with about 140 mg of salt or less per serving**.



**Tip #6: Double boil your potatoes and yams!**

- Some holiday foods like potatoes and yams can be **high in potassium**.
- If you are watching potassium, try to **eat smaller amounts**.
- For potatoes and yams, you can **boil them twice** to help lower the potassium.



**Tip #7: Wait for dessert!**

- Wait a little before having dessert.
- This gives your body time to **feel full**.
- Try to wait about **20 minutes** after your meal.
- This can help you enjoy your dessert without overeating.

## Low Sodium Gravy Recipe

### Ingredients

- 2 cups low sodium vegetable broth
- 1/2 cup all-purpose flour
- 1/2 cup chopped onion
- 1/4 cup olive oil
- 6 minced cloves of garlic
- 4 tsp nutritional yeast
- 1/2 tsp dried sage
- 1/2 tsp salt
- 1/4 tsp black pepper



### Directions

1. Heat oil over medium heat. Sauté onion and garlic until tender.
2. Stir in flour and nutritional yeast to form a smooth paste.
3. Gradually whisk in the broth.
4. Season with sage, salt, and black pepper.
5. Reduce heat and simmer. Stir constantly for 8-10 minutes until thick.

**Nutrition for 1/4 cup:** Calories 85, Sodium 150mg, Potassium 58mg, Carbs 3g, Protein 2g

