

BMA NUTRITION NEWSLETTER

November 2025

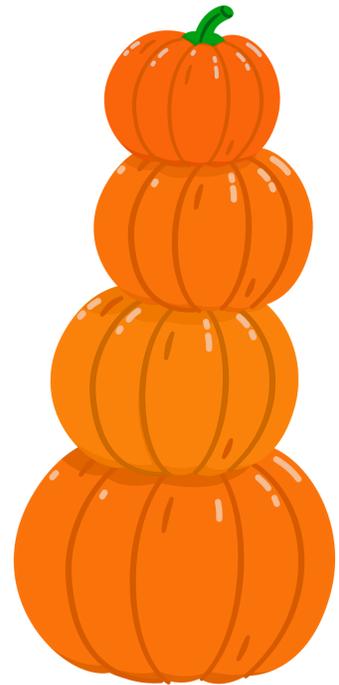


The Holidays are all about BALANCE

Your health and fitness goals matter all year, including the holidays. I always encourage my clients to enjoy their traditional holiday foods, but it is important to keep a balanced approach to your eating during this time of year so you do not undo all of the work you have put in over the previous months. Here are some tips to help you stay on track with your health goals during the last two months of the year.

- **Stay Active:** Now that the summer heat has moved out, get outside and enjoy the fresh autumn breeze. I recommend walking after meals, especially after big meals, to aide in digestion and also reduce post-meal increases in blood sugar.
- **Qualify Your Treats:** Make sure you save your calories for desserts or entrees that matter to you or are shared with friends/ family. I recommend walking right by the cookies in the break room since they most likely do not matter as much as fresh pie on Thanksgivings day. Throw away the old Halloween candy since that will not mean as much to you as enjoying a treat on Christmas morning. Just ensure that the high calorie foods you choose to enjoy are worth it versus eating them just because they are there.
- **Bring the Produce:** I am always the person who volunteers to bring a salad or fresh fruit tray or roasted vegetables to the party. Why? Well mainly because I truly enjoy these foods and also because there is typically plenty of protein and rich sides so bringing the vegetables will ensure they are an option. I recommend filling half of your holiday plates with fresh fruits and vegetables and then dedicating the other half to delicious proteins and carbohydrates. Remember we are after balance, not complete deprivation!
- **Drink Water:** It sounds simple enough but it can be challenging to drink sufficient water when the apple cider and champagne are flowing. To stay on top of your hydration aim to drink 20-30oz of water before 11AM so you start the day strong. Then challenge yourself to finish another 30oz before dinner. This will ensure you are well hydrated throughout the holiday season.

HAPPY
Thanks
Giving



Produce Highlight: Brussels Sprouts

While they might not be everyone's favorite, brussels sprouts are in season, nutrient dense and a classic holiday staple! Brussel sprouts including a host of nutritional power houses including high amounts of fiber, vitamin K and vitamin C. Brussels sprouts belong to the cruciferous family of vegetables, and eating more of these high fiber vegetables has been linked to reductions in colon cancer and heart disease. The high amount of fiber also aides in reducing the rate of digestion which is excellent for blood sugar control. I recommend enjoy them either roasted or shredded and sauteed and if you need any inspiration check out the recipe below! I hope you add these little beauties to your holiday menu this season!



Shaved Brussels Sprouts Salad

Adapted from www.twopeasandtheirpod.com

Ingredients- Salad Dressing:

- 1/3 cup of olive oil
- 1 tablespoon of lemon juice
- 2 tablespoons of apple cider vinegar
- 1 tablespoon of maple syrup
- 2 teaspoons of dijon mustard
- 1 clove of minced garlic
- salt & pepper to taste

Ingredients- Salad:

- 1lb of shredded brussels sprouts
- 2 small (or 1 large) cosmic crisp or honey crisp apples
- 1/2 cup of sunflower seeds
- 1/2 cup of dried cranberries
- 5-6 hearts of palm, sliced thinly
- 1/3 cup of shaved parmesan cheese

Instructions

1. First make the dressing by adding all ingredients to a small bowl and whisking together till well combined.
2. Next, combine all ingredients in a large mixing bowl. Toss well and then slowly add dressing and mix to combine.
3. Serve immediately or store in an airtight container for up to four days

NUTRITION LECTURE SERIES FALL SCHEDULE

Join our dietitian, Jessica, via Zoom for these upcoming lectures to help you wrap up 2025 with your health goals in check!

NOVEMBER
Preserving Cognition via
Diet & Lifestyle- 11/18
at 530PM

Ask the front desk for more information

