



Mission In Motion

Health & Wellness Weekly Bulletin

November 2012—Diabetes



November 19, 2012: Week 3

Gaining weight is one holiday tradition no one wants to keep



Mastering a few cooking techniques can help you create a healthier diet without losing the flavor. Try these tips when preparing your holiday meals:

- Cut down on saturated fat in creamy dressings by mixing in nonfat or low-fat plain yogurt instead of mayonnaise.
- Use non-stick cookware so you can cook with a minimum of oil or vegetable oil spray.
- For a wonderful flavor enhancer, sprinkle vegetables and salads with vinegar or citrus juice. Add it at the last minute so the flavor is at its strongest.
- Substitute chopped vegetables for some of the bread in your stuffing recipe.

Source: The American Heart Association



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