



# How to Stay Healthy During the Holidays

- **Eat balanced meals throughout the day.** Restricting during the day can result in uncontrolled overeating at your main meal. Fuel your body as you would normally throughout the day and show up for the holiday meal prepared to make choices that align with your goals.
- **Allow yourself to eat foods you love.** Put the food you enjoy on your plate and be present with friends and family throughout the meal.
- **Get enough sleep.** Aim for 7-9 hours of sleep per night. Sleep allows our bodies to stay healthy and function properly. Poor sleep may result in decreased ability to focus, weakened immunity, and changes in mood.
- **Find time for daily movement.** Find an enjoyable way to move your body. Be active with friends and family by going on a walk after the meal.
- **Stay hydrated.** Aim to drink 1/2 of your body weight in ounces of water per day. This will help keep you energized, focused, and feeling your best.
- **Make sure your plate is colorful.** You can still enjoy your favorite food on the holidays, but try to fill 1/4 to 1/2 of your plate with vegetables or vegetable-based dishes.
- **Remember the reason for the season.** Focusing on the people and events that make the holidays special rather than the food alone can help relieve some of the stress.



# How to Reuse Your Leftovers

Is your fridge full of leftovers? Here is an easy way to reuse those leftovers to help reduce waste!

## Vegetable and Turkey Stir Fry

### Ingredients

- 1 tablespoon vegetable oil
- 1/2 teaspoon salt
- 2 thin slices of ginger root (minced)
- 1 garlic clove (peeled and minced)
- 16 ounces turkey (cooked, cut into 1/2 inch cubes)
- 1/2 teaspoon sugar
- 2 packages vegetables, fresh or frozen (10 ounce package, chopped)
- water (optional)

### Optional Gravy

- 1 tablespoon cornstarch
- 2 teaspoons soy sauce, low sodium
- 1/2 cup chicken stock

### Directions

1. Wash hands with soap and water.
2. Heat fry pan. Add oil and heat on high temperature.
3. Add ginger, garlic, turkey and vegetables. Stir fry about 1 minute to coat with oil.
4. Adjust heat to prevent scorching. Add sugar. If vegetables are tender, stop cooking at this time.
5. If the vegetables are firm, add 1-2 tablespoons of water, cover and cook for 2 minutes or until tender.
6. Serve at once, or if you wish to add a gravy: mix the gravy ingredients well, pour over vegetables and turkey, cook for 30 seconds.

### Sources:

Recipe provided by <https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/vegetable-and-turkey-stir-fry>

Snap-Ed Connection. *U.S. Department of Agriculture.*  
<https://snaped.fns.usda.gov/>

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