



## Your Health Matters

Monthly newsletter brought to you by Brieden Consulting Group

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December

## Indulge in Healthy Holiday Traditions

Thanksgiving is over, but the eating has only just begun.

Part of the strategy? A refresher on the basics of healthy eating. According to [Mayo Clinic](#), it's possible for most people to lower their calorie intake to a greater degree than it is to burn more calories through increased exercise. That's why cutting calories through proper dieting is generally more effective for weight loss. However, exercise is still important for maintaining weight loss and a healthy lifestyle.

Each meal is a building block in your healthy eating style, and it is recommended that we include fruits, vegetables, grains, dairy and protein-rich foods as part of our daily meals and snacks – while limiting added sugars, saturated fat, and sodium. Take control of your lifestyle this holiday season and fast-track your healthy habits before your New Year's resolution! Check out these suggestions:

- **Get creative in the kitchen.**  
Try using less meat and cheese, which can be higher in saturated fat and sodium, and try adding more veggies that add new flavor and textures to your meals. Bake healthier with unsweetened apple sauce or mashed ripe bananas instead of butter to cut added sugars.
- **Satisfy your sweet tooth in a healthy way.**  
Indulge in a naturally sweet dessert dish with fruit! Serve a fresh fruit salad or a fruit parfait made with yogurt and a nature's sweetest strawberries. For a hot dessert, try baking apples and top with cinnamon!
- **Try new foods to include in your traditional recipes.**  
Keep it interesting by picking new foods like mango, lentils, quinoa, kale, or sardines. You may find a new favorite that fills you up in a healthy way.

## About Us

We believe that living a healthy lifestyle is a key component to everyday life. We want to be able to provide you with useful updates and alerts to help you maintain good health for your body and mind.

The health plan through Brieden Consulting Group offers great coverage that is affordable to help you maintain your health and the health of your entire family.

Please keep an eye out for the "Your Health Matters" monthly newsletters that will be distributed to all employees.

## Our Benefits Broker

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# Indulge in Healthy Holiday Traditions, Continued

Probably one of the most difficult issues in the quest to conquer healthy eating is travel and eating out. Try these ideas to remain true to your goals:

- **Consider your drink.**

Choose water, fat-free or low-fat milk, unsweetened tea and other drinks without added sugars.

- **Savor a salad.**

Start with a salad packed with vegetables to help you feel satisfied sooner.

- **Select from the sides.**

Order a side dish or an appetizer-sized portion instead of a regular entrée. Choose wisely!

- **Pass on the buffet.**

Have an item from the menu and avoid the “all-you-can-eat” buffet. Steamed, grilled, or broiled dishes have fewer calories than foods that are fried in oil or cooked in butter.

- **Quit the “clean your plate” club.**

Decide to save some for another meal. Take leftovers home in a container and chill in the refrigerator right away.

## Recipe of the

### Cranberry-Apple Crumble

#### Instructions

1. Preheat oven to 375 degrees.
2. Lightly spoon flour into a dry measuring cup, level with knife. Combine flour,  $\frac{1}{4}$  granulated sugar, brown sugar, and butter in a food processor (or by hand); repeat until mixture resembles coarse meal.
3. Combine apple and cranberries into a large bowl. Combine juice and remaining ingredients; pour over apple mixture. Toss well. Spoon apple mixture into a 2-quart baking dish. Sprinkle with flour mixture. Bake at 375 degrees for 40 minutes or until bubbly and golden brown. Serve warm.

[Full recipe here!](#)



## Ingredients

- $\frac{1}{2}$  cup all-purpose flour
- $\frac{1}{4}$  granulated sugar
- $\frac{1}{4}$  cup brown sugar
- $\frac{1}{4}$  cup chilled butter
- 6 cups sliced, peeled Braeburn apple
- 1 cup fresh cranberries
- $\frac{1}{3}$  cup fresh orange juice
- 2 tbsp granulated sugar
- 1 tbsp cornstarch