The holiday season is officially here! Our WashU Nutrition Team put together some helpful tips for you to practice during the holidays.

**Set an intention!**
Your intention for the holiday season could be nutrition-related, getting more sleep, spending more quality time with family, or reducing stress. Whatever your intention is, make it attainable and realistic!

**Have a plan.**
Holidays can be busy, which is why it’s important to plan for your meals & snacks. Plan to eat a nutritious breakfast to kickstart your energy for the day. Incorporate snacks if you are not eating your holiday meal until later in the day.

**Bring a dish to share!**
Take the lead on bringing something to the holiday table, such as an additional vegetable side, salad, or maybe try making a family favorite!
Nutrition Tips to Practice Every Day

Include variety!
Aim to include a variety of foods in your meals and snacks to ensure you are getting all the nutrients you need! Fats, carbohydrates, protein, and produce are all important for our nutrition.

Eat every few hours!
Aim to eat breakfast within 1-2 hours of waking to kickstart your energy for the day. After that, aim to eat a meal or snack every ~3 hours to maintain your energy and focus.

Work towards balance.
All foods can fit into a healthy diet plan. Incorporating your favorite foods into your meal plan ensures balance and enhances quality of life.

Make sleep a priority.
Adequate, quality sleep is important for our overall health. Aim to get at least 7-9 hours of quality sleep each night.

Find joyful movement you love!
Daily exercise is important for our overall health. Find movement you enjoy and feel good doing to improve your health, such as hiking, gardening, or yoga!
Pear Pecan & Blue Cheese Salad with Honey Dijon Vinaigrette

**Ingredients:**
- 4 ounces kale
- 4 ounces fresh spinach
- 1/4 cup toasted pecans, chopped
- 1/4 cup blue cheese crumbles
- 1-2 fresh pears, sliced (reserve until right before serving or sprinkle with lemon juice)

**For the dressing:**
- 2 teaspoons Dijon mustard
- 1/2 cup olive oil
- 2 cloves garlic, crushed
- 3 tablespoons apple cider vinegar
- 1 tablespoon honey
- salt & freshly ground black pepper, to taste

**Directions:**
1. Make the dressing and then drizzle a little bit of it into the bottom of your serving bowl.
2. Layer on the greens along with the blue cheese and pecans.
3. Just before serving, toss the salad and the dressing to coat the lettuce.
4. Finally, layer on the pears and serve.

Recipe Credit of Rebecca Miller, MPH, RDN, CSSD, LD
HAVE ANY ADDITIONAL QUESTIONS?

Schedule a nutrition consultation with our team or email us at:

nutrition@wustl.edu

SCHEDULE A CONSULT

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