

Giving the gift of healthy eating

The holiday season is usually associated with a lot of unhealthy, rich foods and sweets. The result of eating too much of these treats is often weight gain. A study in the *New England Journal of Medicine* found that people gained weight within 10 days of a national holiday, and it took several months to lose that weight.

This year, celebrate without extra weight! Spread the gift of healthy eating to others by giving gifts that encourage good habits.



Making healthy food easier

If you're looking for a thoughtful gift that will be truly appreciated, try giving the gift of healthy food that saves time and effort! Here are some ideas:



Make a healthy meal that freezes well and hand deliver it.

The recipient can choose to freeze and eat later, or eat it that day. Be sure you are aware of any food allergies or other dietary needs. Some ideas include homemade chili or pasta sauce.



Put a more creative twist on a traditional fruit basket and give them a fruit salad that's ready to eat.

Pre-washed and cut fruit that's ready to grab means they can enjoy it right away, without any prep time.



Put soup ingredients in a mason jar.

This is a popular gift that helps the person prepare an easy and healthy dinner. Usually, the dry ingredients for your favorite soup will go well in a jar. Be sure to include directions on how to cook it, and consider adding some whole-grain bread on the side.



Share your favorite mix or sauce.

Do you have a secret recipe for healthy granola or a delicious marinade for meats? Share your gift of cooking by putting it in a jar or container with a nice label. Provide tips on how to use or prepare it.



Not into cooking? You can always purchase dishes or containers that are useful for healthy eating. For instance, a person who eats lunch on the go may appreciate containers that can keep salads, dressing or other healthy foods fresh and delicious.