



# BOUNCE

## to the holidays

December 2019

### Stay Fit During the Holidays



Stay Hydrated.



Create a Holiday MyPlate.



Exercise With Your Family.

## Healthy Holiday Food Swaps

Healthy eating doesn't mean that you have to give up on your favorite foods, all they need are modifications. Here are some simple tips to make better healthy choices:

### Sour Cream

Healthy Holiday Swap Greek Yogurt  
Quantity 100 grams  
Calories Swap



193 Calories

59 Calories

### Pasta

Healthy Holiday Swap Zucchini Noodles  
Quantity 100 grams  
Calories Swap



131 Calories

16 Calories

### Mashed Potatoes

Healthy Holiday Swap Cauliflower Mash  
Quantity 100 grams  
Calories Swap

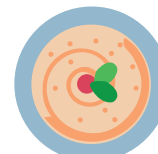


88 Calories

68 Calories

### Cream Cheese Dip

Healthy Holiday Swap Hummus  
Quantity 100 grams  
Calorie Swap



354 Calories

177 Calories

### Keep Up With Us!



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**BOUNCE**  
To Build Healthy Families

## Creamy Zucchini Noodles

**PREP TIME** 5 minutes **COOK TIME** 3 minutes **TOTAL TIME** 15 minutes **SERVINGS** 2 servings

### Ingredients

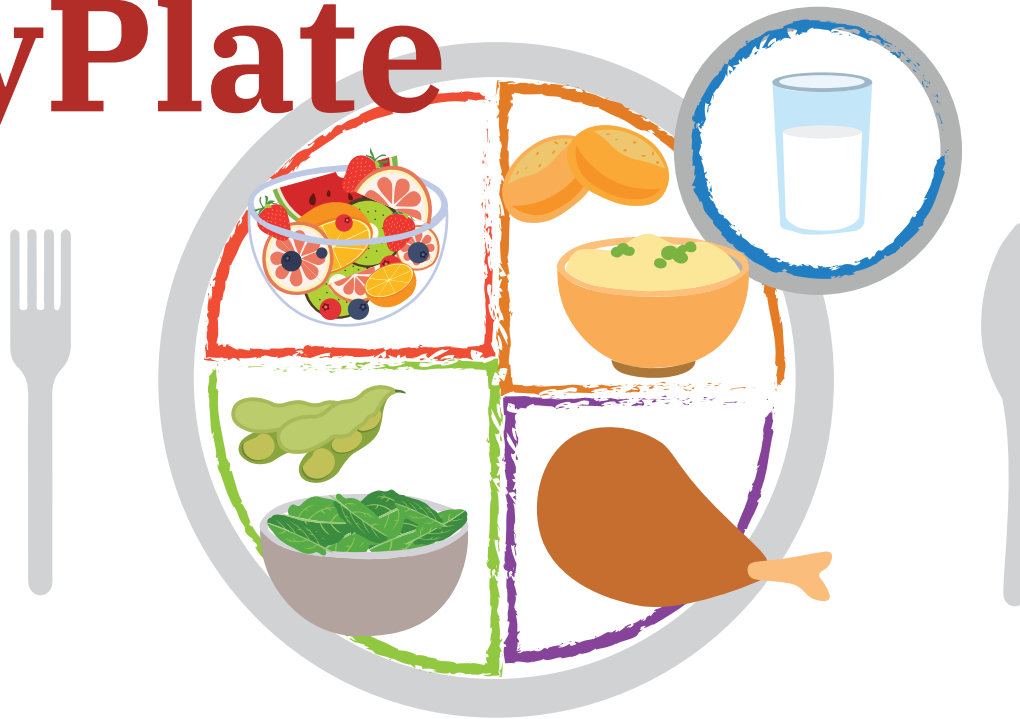
1 large zucchini  
1/2 tablespoon olive oil  
2 tablespoons greek yogurt  
1/8 tsp garlic powder  
salt and pepper to taste  
1 tablespoon parmesan cheese  
Parsley and parmesan cheese for garnish

### Instructions

1. Cut the ends of the zucchini and spiralize using the medium noodle blade.
2. Heat olive oil over medium high heat. Add zucchini noodles and garlic powder. Cook 3-5 minutes, stirring until slightly softened.
3. Move noodles to one side and add greek yogurt, stirring until melted. Toss with zoodle and season with salt and pepper to taste.
4. Stir in grated parmesan cheese. Garnish and serve.

**Nutrition Information:** Calories 107, Fat 9g, Carbs 3g, Protein 2g

# Create A Holiday MyPlate



## Be wise about your snacks.

If you are hungry and need a snack, opt for fruits, vegetables, nuts, or seeds.



VS



## Modify your recipes.

Lower the calorie count of home-made foods in many ways. For example, substitute low-fat or skim milk for heavy cream.



VS

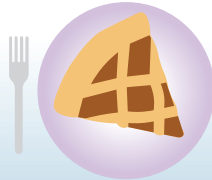


## Be wise about your portion size.

For desserts, use smaller plates and do not fill your plate.



VS



## Tweak the sweet.

For dessert, swap the traditional apple pie for baked apples with cinnamon and a sprinkle of sugar.



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## Cheers to your health.

Instead of soda or sweet tea, drink water with slices of lemons, limes, or strawberries.



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