



FIT FOR THE FUTURE

Over the holiday season, occasional overindulging can happen, so having a healthy breakfast can be key to getting essential nutrients. The FIT for the Future Breakfast Promotion highlights breakfast options that meet specific requirements for calories, saturated fat and sodium, so you can feel good about these meals to start your day. These meals feature tofu, egg or smoked salmon for some protein, along with a variety of fruits and vegetables like roasted tomatoes, sautéed kale or grilled pineapple. Finally, there is an array of enhancements like avocado, nuts or even olives to add a superfood punch and extra flavors. Be sure to try one of these featured FIT meals this month!

NATIONAL PEAR MONTH

Pears are a delicious, low-calorie snack packed with nutrients. They're rich in fiber, with 6 grams per serving, offering more dietary fiber than a 1-cup serving of kale! Fiber helps you feel full and supports heart and gut health. From helping maintain a healthy weight to reducing the risk of type 2 diabetes, fiber is essential to a well-balanced diet. Pears are also a great source of antioxidants, vitamin C and potassium—perfect for reducing inflammation and boosting the immune system as we enter the winter months. Fresh pears are best, but canned pears in natural juice still offer plenty of beneficial nutrients. Pair your pear with protein—think cheese or nuts—for a well-rounded, healthy and portable snack. Enjoy!

CHEF'S TIP

Here are some tips to minimize stress when cooking for a crowd this holiday season:

- Check with guests about any dietary restrictions to avoid last-minute adjustments.
- Plan a balanced menu with both stove-top and oven-baked items to avoid oven overload. Make an oven schedule to ensure success.
- Start early! Cranberry sauce and dips can be made 2 days ahead; pies can be baked 1 day ahead.
- Slice and dice vegetables a day ahead and store them in reusable storage bags.
- If your family likes leftovers, ask them to bring their own containers to make packing quick and easy.
- Say yes when people offer to contribute—it's a gift for both of you!



FIND YOUR
NEXT FAVORITE
RECIPE

