



Taste Test Time

IMPROVE YOUR MOOD WITH FOOD THIS WINTER



During the cold, dark winter months it is common to experience changes in mood and motivation. Illnesses become more prevalent during this time of year. The winter months also make it more difficult to engage in physical activity.

However, there is good news! Foods that contain omega-3 fatty acids, vitamins A, C, D, K, and B-vitamins have been proven to boost your mood *and* strengthen your immune system. Try to incorporate some of the following foods into your diet this winter:

- Fish
- Flax seeds
- Oranges
- Berries
- Spinach
- Fortified cereal
- Whole grains
- Winter squash
- Sweet Potatoes
- Cauliflower
- Low-fat milk & yogurt

Roasted Butternut Squash and Shallot Soup

Ingredients

- 4 cups (1-inch) cubed peeled butternut squash (about 1 1/2 pounds)
- 1 tablespoon olive oil
- 1/4 teaspoon salt
- 4 large shallots, peeled and halved
- 1 (1/2-inch) piece peeled fresh ginger, sliced
- 2 1/2 cups fat-free, low-sodium chicken broth
- 2 tablespoons (1-inch) slices fresh chives
- Cracked black pepper (optional)



Directions:

1. Preheat oven to 375°.
2. Combine first 5 ingredients in a roasting pan or jelly-roll pan; toss well. Bake at 375° for 50 minutes or until tender, stirring occasionally. Cool 10 minutes.
3. Place half of squash mixture and half of broth in a blender. Remove center piece of blender lid. Blend until smooth. Pour into a large saucepan. Repeat procedure with remaining squash mixture & broth. Cook on medium heat 5 minutes or until heated.

FUN WAYS TO STAY ACTIVE IN THE WINTER MONTHS



Exercise increases energy, boosts mood, strengthens the immune system, increases circulation, lowers anxiety, lowers depression and keeps you warm!

At this time of the year it could be tempting to stay indoors and watch TV. However, doing so in the long term will negatively affect your mood and energy.

Here are some fun ways you can stay active this winter:

- Play in the snow (snowboarding, skiing, sleigh riding, etc.)
- Join indoor activities, such as indoor soccer or basketball, marital arts, or dance classes.
- Do jumping jacks, dance, or any other fun activity during commercials when you're watching TV
- Put music on and dance when you are getting ready in the morning!

References

- Bruce Weinstein and Mark Scarbrough, *Cooking Light Gluten-Free Cookbook*, Oxmoor House. (2011). Roasted Butternut Squash and Shallot Soup Recipe | MyRecipes. Retrieved October 26, 2016, from <http://www.myrecipes.com/recipe/roasted-butternut-squash-soup>
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- Van, J. (n.d.). Focus on Fitness: Winter Workouts for Kids. Retrieved October 26, 2016, from <http://www.todaysdietitian.com/newarchives/021115p58.shtml>