

LIVE HEALTHY! NEWSLETTER

November 2022 | Vol. 2

Holiday Cookbook!

Our Holiday Cookbook is available this month! Join our Recipe Club and visit our website (below) to see some of recipes!



Recipe of the Month

Acorn Squash Bisque

This low glycemic recipe is filling and delicious! It uses fall seasonal squash and gets a protein boost from low fat yogurt.



LOW GLYCEMIC INDEX (GI) HOLIDAY EATING

Holiday meals tend to have a lot of high GI foods, or foods that quickly raise your blood sugar. Whether you are diabetic or not, try to incorporate low GI foods into upcoming holiday meals.

WHOLE GRAINS

Whole grains are higher in fiber, so it doesn't raise your blood sugar quickly. In carb-heavy dishes, swap in some whole grains.

USE: Brown rice, whole wheat, oatmeal, oat bran.



WATCH THE SUGAR

Sugar is in many holiday dishes, especially dessert. Fill up on entrees and desserts first, then have sweet drinks and desserts in moderation.

FOCUS ON: Proteins, veggies, unsweetened beverages.



FRUITS & VEGGIES

Although fruits and vegetables aren't the main dishes, make sure to feature them in delicious sides.

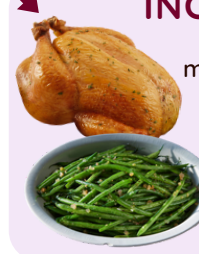
USE: Leafy greens, root vegetables, fall fruit, squashes and more.



INCREASE PROTEIN

Eating low fat proteins means less carbohydrates. Add beans and nuts into your side dishes to boost protein.

USE: Low fat turkey and chicken, beans, nuts.



What is in season?



Brussels sprouts, thyme & more!

Get fresh, organic, seasonal produce like these in our Farmshare package!

This month in Recipe Club

Learn how to make:



Corn Bread + Black Currant Jam

Tuesday, Nov. 8
@ 12:30pm!

Turkey-Stuffed Acorn Squash

Tuesday, Nov. 22
@ 12:30pm!



Explore our
**BRAND
NEW
website!**



Become a
**Live
Healthy!
member**



Join our
**Farmshare
Program**



Contact Us!

Telephone: (917) 982-2564
Manhattan: 8 E 109th St
Bronx: 423 E 138th St 2nd Fl