



BalanceHealthSM Newsletter

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Eating Healthy in the Winter

Eating healthier is an extremely common New Year's resolution, yet many people find it difficult to eat healthy during the cold winter months. Decadent stews, creamy soups, big pasta dinners, and hot chocolate are winter time favorites. In addition, many of the traditional fruits and veggies that people snack on are out of season, so people tend to forgo them all together.

In reality, there are plenty of delicious fruits and veggies that are in season over winter. Eating fresh produce in the winter will also introduce you to new foods that you may have been skeptical of trying or have never even heard of!

Winter Fruits

Incorporate the following fresh fruits in your healthy eating plan this winter:

Blood Orange – Have a sweet-tart flavor and are full of antioxidants and Vitamin C. They can be eaten as a snack just like a regular orange or can be an ingredient in festive salsas.

Pomegranate – Seeds are incredibly juicy, have a sweet-tart flavor and are packed with Vitamin C, K and polyphenols. The

seeds can be eaten as a snack, added to a salad for a delicious pop, and incorporated into many recipes.

Kumquat – These delicious fruits are citrusy and can actually be eaten with the peel on! They are rich in many vitamins, flavonoids, and essential oils. They make a sweet and tasty snack.

Cranberry – Unlike other fruit, cranberries must be cooked to release their flavor. They are excellent as a sauce or juice and added to many healthy recipes. Cranberries are packed with proanthocyanidins, which prevent bacteria from adhering to human cells.

Lemon – Although lemons are sour on their own, they can add a great pop of flavor to many dishes. Lemon juice is great with fish and chicken, adding lemon to water or tea adds a tasty zest, and lemon is delicious incorporated into countless baked recipes (cookies, bars, cakes, etc). Lemons are a great source of calcium, vitamin C, magnesium and potassium.

Kiwi – Ripe kiwi is sweet and delicious and contains 100 mgs of Vitamin C!

For more information or advice about healthy winter eating contact your Wellness Coordinator by calling:

1.800.327.2255

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Kiwis are great on their own as a snack and can add a tasty element to spinach salads.

Guava – The taste of this fruit has been described as a combination of a pear and strawberry. Guava is extremely rich in Vitamin A and lycopene. It can be eaten as a snack, juiced, and used in dessert foods.

Winter Vegetables

Sneak the following veggies into your winter diet:

Kale – Although raw kale can be too bitter for some people, sautéing it with some garlic and olive oil can make a delicious and healthy side dish. Kale is considered one of the world's healthiest foods, it is packed with Vitamin C, K, A, and Manganese along with many flavonoids.

Leeks – This veggies is delicious in soups or thinly sliced and added to omelets, salads, and rice. Leeks are rich in many vitamins and minerals such as Folic Acid, Vitamin A, and Iron.

Brussels Sprouts – These little balls of nutrition often get a bad rap taste-wise but are so tasty when cooked correctly. Try tossing them with olive and sea salt and bake until golden brown. These sprouts are a great source of Vitamin C, Fiber, Folate, and antioxidants.

Turnips – Did you know that turnip roots can actually be mashed and used as a healthy alternative to mashed potatoes? Turnips are actually a good vegetarian source of protein and fiber as well as many vitamins and minerals.

Parsnips – These root vegetables have a sweet nutty flavor and are great in stews, soups, and pot roasts. Parsnips are rich in dietary fiber and folate.

Fresh Produce Alternatives

Even if your favorite fruits and veggies are not in season over the winter, you may still be able to include them in your diet. Many kinds of produce are available year round frozen or canned. Add frozen berries to your breakfast smoothie or used canned green beans, peas, and carrots to complete your chicken pot pie. Many canned and frozen produce are picked and packaged at their peak, which preserves their nutritional value.

Healthy Choices

It is also important to remember that there are usually healthy alternatives to the comfort foods that we crave during the colder months. Use whole wheat pasta and tomato sauce instead of regular pasta and Alfredo sauce. When making beef stew, pack the crock pot with healthy veggies like turnips, carrots, celery, onions, and garlic, instead of noodles. There is almost always a healthier or lower calorie version of your favorite meals.

Remember that your Wellness Coach is available to help you design a nutritious eating plan or even recommend healthy alternatives to the decadent foods you love.

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