

Make healthy holiday desserts



We all tend to indulge during the holiday season. A party on a work night, an extra drink when you're out with friends, overspending on just one more gift. And then there are the meals and sweets. Who hasn't left the table during the holidays wishing you were wearing elastic-waist pants?

The average American eats a lot of extra calories during a holiday dinner.

Between Thanksgiving and the end of the year, it's not uncommon to see a 10-pound weight gain. If an individual is not careful, what's gained during the holidays could stick around all year.¹

Luckily, it's possible to add a dash of health and lighten up desserts. Keep the flavor without missing calories or fat. **Try the healthy hacks provided on the following page:**

Less sugar

You can lower sugar content in recipes by replacing granulated sugar with dry sweeteners like sucralose or stevia. Both are much sweeter than sugar. Before making the substitution, try using them in coffee, tea or cereal to determine how much you want to use. In the case of corn syrup, try using fruit juice or molasses instead.



Less fat

Fat from butter and oil adds moisture and flavor and makes us feel full. To keep your baked goods dense and delicious, try these substitutes:

- Use mashed avocado or banana instead of butter or oil in a one-for-one substitution.
- Use half of the butter required with an equal amount of unsweetened applesauce.²
- Replace $\frac{1}{3}$ cup of oil with 1 cup of milled flaxseed.³

Add flavor

Spices add plenty of flavor without adding sugar or fat. Add flavor to your recipes by adding spices. You can also add nutritious and delicious ingredients like dark chocolate, maple syrup, almond flour, walnuts, citrus zest and berries to enhance your flavors.



More fiber

In some cases, fiber helps offset carbohydrate counts. Try using oat flour in place of regular white flour or adding unflavored fiber powders, finely ground flaxseed or chia seeds. As a bonus, this could reduce calories.

Try out these new tactics on your favorite recipes
or try some of ours below



Almond snowballs

The combination of fruits, almonds and spice is nice.

Makes 18 servings | Prep: 15 minutes | Cook: 12-15 minutes

Ingredients

- 2 egg whites
- Pinch coarse salt
- $\frac{1}{3}$ cup sugar
- $1\frac{1}{2}$ cup coconut, shredded (approx 6 oz.)
- 1 tsp almond extract
- $\frac{1}{4}$ tsp nutmeg, grated or ground
- 3 Tbsp all-purpose flour
- 9 candied red cherries, halved
- $\frac{1}{4}$ cup sliced almonds

Preparation

Preheat oven to 350°F. In a mixing bowl, beat egg whites and salt to soft peaks. Add sugar and beat again until peaks are stiff. Beat in almond extract. Using a rubber spatula or wooden spoon, stir in half of the coconut. Sprinkle in the nutmeg and flour, stir, then fold in the remaining coconut. Using a melon baller or other small scoop, or working with 2 spoons, form 18 "snowballs." Place them about 2 inches apart on 2 cookie sheets. Bake snowballs 12 to 15 minutes or until lightly golden. Remove from oven. Garnish each snowball with half a cherry and a couple of slivered almonds. Transfer to a rack or serving plate to cool.

Nutrition information | Serving size: 1 snowball



Calories: 60 | Total fat: 3 g | Saturated fat: 2 g | Sodium: 16 mg | Cholesterol: 0 mg
Total carbs: 7 g | Fiber: 1 g | Sugars 6 g | Protein: 1 g | Potassium: 83 mg



Chocolate yogurt mousse & berries

Sweet berries complement the bitter flavor of chocolate.

Makes 1 serving | Prep: 5 minutes

Ingredients

- 1 (5 oz) container low-fat plain Greek yogurt
- 2 tsp unsweetened cocoa powder
- 2 tsp honey
- ¼ cup berries

Preparation

Combine yogurt, cocoa powder and honey.
Serve with berries.

Nutrition information | Serving size: 5 oz



Calories: 180 | Total fat: 4 g | Saturated fat: 2 g | Sodium: 96 mg | Cholesterol: 23 mg
Total carbs: 26 g | Fiber: 2 g | Sugars: 19 g | Protein: 16 g | Potassium: 94 mg

Healthy desserts are not too good to be true. These tips may help you **stick to your health goals** and give you a **healthier start to the new year**.

Not a Livongo member? See if you're eligible for personalized health support at **Go.Livongo.com/CIL/New**.

¹<https://www.heart.org/en/news/2020/11/19/tackling-turkey-day-strategies-for-a-healthy-feast>

²<https://www.bhg.com/recipes/how-to/cooking-basics/butter-substitute/>

³<https://healthyflax.org/recipes/how-to.php>



Stay true to you to avoid holiday stress

Holiday cheer can easily be overshadowed by the stress of the season.

And when you're trying to stay on track health-wise, stress can throw you off your game. The key is to **manage** that stress in smart, calming, helpful ways.¹

Here are some tips to stay on track with your health goals and keep stress at bay while enjoying all that the season has to offer. Take back your holidays!

Nourish yourself

- **Eat healthy.** Food is one of the best parts of the holidays. Let others know you're trying to make healthier food choices so they can support your goals.
- **Be consistent.** Don't skip meals, even on your busiest days. Fuel yourself with a colorful variety of veggies, fruits and protein-filled snacks throughout the day.
- **Be picky.** Treats will be everywhere. Stay on track by taking only the foods you **love**. Enjoy your treats slowly and mindfully.

Strengthen your body

- **Challenge yourself.** Exercise is a great stress-buster. Sign up for something new. Try a holiday-themed fun run or walk, or even a fitness class at your local community center.²
- **Get in extra steps.** While shopping, squeeze in more activity by parking in the far lot, walking every aisle in the store or taking the stairs instead of elevators.
- **Make weather work.** If you have snow, shovel it instead of using a snowblower. Try snowshoeing or cross-country skiing. Have fun with a snowball fight.
- **Weight it out.** Add muscle-building resistance exercises like pushups, squats or calf raises. Do bicep curls with unopened cans or jars from your pantry or fridge.



Soothe your mind

- **Practice deep breathing.** Inhale slowly for four counts, deep into your belly. Then slowly exhale for four counts. This helps calm your body and refocus your mind in a natural way.
- **Laugh.** Keep a go-to list of funny videos, jokes and laugh-out-loud pictures on your favorite device or social media page. Laughter is contagious, so share the LOLs with others and turn stress into joy.
- **Manage your stress.** Stress is often unavoidable. Reduce it by trying meditation, prayer, tai chi or journaling.³
- **Slip-ups happen.** Don't beat yourself up. Acknowledge why it happened and renew your commitment to your health.

Ground in the now

- **Trust yourself.** You are in the driver's seat.
- **Be present.** Don't compare this year to "last year" or "the good old days." Practice being in the moment with your friends, family, coworkers or even your pets.
- **Be positive.** Reframe negative thoughts. For example, "This is more than I can handle" could become, "I'll give it my best shot and will ask for help if I need it."



Happy **healthy** holidays from our family to yours!

Not a Livongo member? See if you're eligible for personalized health support at **Go.Livongo.com/CIL/New**.

Sources:

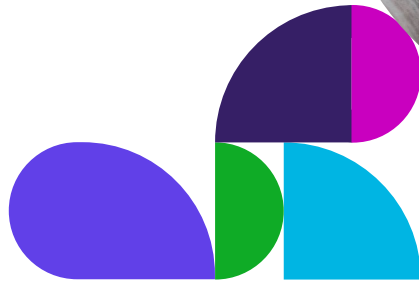
¹<https://www.psychologytoday.com/us/basics/stress>

²<https://www.heart.org/en/healthy-living/fitness/fitness-basics/aha-recs-for-physical-activity-in-adults>

³<https://www.nimh.nih.gov/health/publications/so-stressed-out-fact-sheet>

How to recognize
and manage

Diabetes



Did you know...

1 in 10

Americans are affected
by diabetes¹

1 in 3

Americans are living
with prediabetes¹

80%

of people with prediabetes
don't realize they have it²

What is diabetes?

Diabetes is a condition that affects how the body processes sugar (glucose) in the blood.² The body breaks down the nutrients in food into blood sugar. Your pancreas produces and releases a hormone called insulin into the bloodstream. Insulin reduces blood sugar levels back to the normal range.

When insulin is not present or not effective at helping the body reduce blood sugar levels, it causes health complications.

Types of diabetes²

Type 1 diabetes (less common)

- The body does not produce insulin at all.
- Must be treated with insulin.

Type 2 diabetes (more common)

- The body produces insulin but does not use it properly.
- May require lifestyle changes. It could be personalized nutrition and exercise plans, medication or a combination of all three.



Gestational diabetes

- During pregnancy, the body is not able to produce or use insulin properly.
- Treatment could include changes in diet, activity levels and even medication.
- May or may not develop into type 2 diabetes later.

Prediabetes

- When a person has high blood sugar levels but not high enough to be considered diabetes.
- Improving your diet and increasing your activity level may delay or prevent developing type 2 diabetes.

How diabetes affects the body

Because sugar runs in the bloodstream, diabetes can affect almost everything. It specifically impacts body parts that rely on blood vessels to function, like:

- feet
- eyes
- arms and legs
- kidneys
- heart
- hands

Managing blood sugar is important to keep the blood vessels healthy. The vessels help keep these parts of the body functioning at their best.

6 tips for managing diabetes^{2,3}

With the right lifestyle choices and good habits, people living with diabetes can live long, healthy lives. And if you're prediabetic, implementing lifestyle changes can reduce your risk of being diagnosed with diabetes. **Here are six recommendations to keep you healthy:**



Get plenty of physical activity (150 minutes weekly)



Get support to stop smoking and help manage stress



Eat a balanced diet to reach and maintain a healthy weight



Monitor and manage blood sugar, blood pressure and cholesterol



Stay hydrated—take in fluids throughout the day (about eight cups of eight ounces)



Take meds as prescribed



Scheduling regular doctors' visits and exams is the most important way a person living with diabetes or prediabetes can stay healthy.

These visits include regular appointments with a primary care physician or an endocrinologist. They can also include lab tests and annual eye exams.

Not a Livongo member? See if you're eligible for personalized health support at **Go.Livongo.com/CIL/New.**

¹<https://www.cdc.gov/diabetes/library/features/diabetes-stat-report.html>

²<https://www.cdc.gov/diabetes/basics/diabetes.html>

³<https://www.diabetes.org/diabetes-risk/prediabetes>

Additional source: 2017– March 2020 National Health and Nutrition Examinations Survey (NHANES), National Center for Health Statistics (NCHS), Centers for Disease Control and Prevention. <https://www.cdc.gov/nchs/nhanes/index.htm>