



RECIPE

Roasted Sweet Potatoes with Pecans

Be like an astronaut. Eat sweet potatoes! They're good any day—not just holidays. Give this recipe a try:

Ingredients

- 4 sweet potatoes, cut into chunks with skin
- 2 T olive oil
- ¼ C toasted pecans, coarsely chopped
- Salt (optional) and pepper to taste

Directions

1. Preheat oven to 350 degrees.
2. Toss the sweet potatoes with olive oil, salt and pepper, and place in a baking dish.
3. Roast for 10 minutes. Stir, then remove from oven. Turn the sweet potatoes so that they will brown evenly.
4. Return sweet potatoes to oven. Roast until fork tender, about another 10 minutes.
5. Remove sweet potatoes from oven. Toss with the pecans. Return to oven. Roast 7 to 10 minutes.
6. Remove sweet potatoes, and serve immediately.

Serves 4. 220 calories per serving.

Take the One-Mile-a-Day Holiday Challenge

Walk, jog, or run one mile a day until New Year's

Walk, jog, or run one mile a day from Thanksgiving to New Year's. Sound crazy?

That's the challenge a group of friends gave Oregon resident Jeremy Piezoldt. And it seemed simple enough for the computer engineer, city council member, and dad of three kids.

Walk this way for better health

Do you find time to exercise daily? Even walking for 15 to 30 minutes counts. At a brisk walking pace, an adult will burn about 70 to 100 calories per mile. You'll burn even more if you jog or run.

It's a great way to strengthen your heart, lungs, and muscles and manage your weight. But only half of all adults in the U.S. get enough aerobic exercise.⁵ How active are you every day?

5 surprising benefits of walking
tinyurl.com/ycqzxlvn

The power of a daily-exercise routine Piezoldt laced up his running shoes and got started. One mile a day, every day, from Thanksgiving to New Year's. On bad-weather days, he wore rain gear and warm clothes or walked on a treadmill, including weekends and vacations. He even refused to let a cold or crazy schedule get in the way.

And he didn't stop. Today's he's logged at least one mile a day for more than 1,000 days straight. He's healthier and happier. He's encouraged other people to move more and sit less along the way. And he doesn't have any plans of stopping.

Try it. Walk, jog, or run one mile a day until New Year's. You may feel so much better that you'll just keep going. And that's good for your health. #



Follow the Playbook for Healthy Holiday Eating (continued from page 1)

Instead, dish up a small sample of everything. Avoid or limit alcohol and sugary drinks. Take time to chew your food. Enjoy the conversation around the table. You'll eat fewer calories and avoid overeating.

MORE

12 ways to eat healthier during the holidays
tinyurl.com/ycropdj3

Play #4. Hustle away after eating. After the meal is over, plan to take a walk and exercise to burn off a few of those extra calories. You might even organize a friendly game of football.

Tackle the holiday meal like this, and you'll feel better, be healthier, and start the New Year on the right foot. #

References

1. Liu, X., et al. (2019). Changes in nut consumption influence long-term weight change in US men and women. *BMJ Nutrition, Prevention & Health*. From: <https://tinyurl.com/y2bkqj7w>
2. Harvard University. (2019). Sweet potatoes. *The Nutrition Source*. From: <https://tinyurl.com/y2hqc9g3>
3. Willcox, D., et al. (2014). Healthy aging diets other than the Mediterranean: A focus on the Okinawan diet. *Mechanisms of Aging and Development*, 136-137:148-162. From: <https://tinyurl.com/y3qacvgi>
4. Helander, E.E., et al. (2016). Weight gain over the holidays in three countries. *New England Journal of Medicine*, 375(12): 1200-1202. From: <https://tinyurl.com/y2fopuvm>
5. Centers for Disease Control and Prevention. (2017). Exercise or physical activity. National Center for Health Statistics. From: <https://tinyurl.com/y3xpzcrq>



Take the November Health Challenge!

[Cook at Home: Prepare meals with healthy ingredients](#)

Ask the Wellness Doctor:

This month Dr. Brittany Carter answers the question:

[How can I eat healthier during the holidays?](#)

