

Helping you

CLINICAL • ADVOCACY • RELATIONSHIPS • EMPOWER

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December Spotlight: Healthy eating habits

This month, we're highlighting information about healthy eating habits. You'll also find other wellness-related resources, links to *Healthy You* articles, mental health tips and healthy recipes.

Check out these articles about how to eat healthy, particularly around the holidays, from our CARE Health Education Library. To view a Spanish version of any of the articles in the library, click the "ES" icon in the top right corner.

- [Break the bonds of emotional eating](#)
- [Rompa las cadenas del consumo de comida por causas emocionales](#)
- [Eating habits and behaviors](#)
- [Comportamientos y hábitos alimentarios](#)

These additional links from other health organizations offer more information about smart food choices:

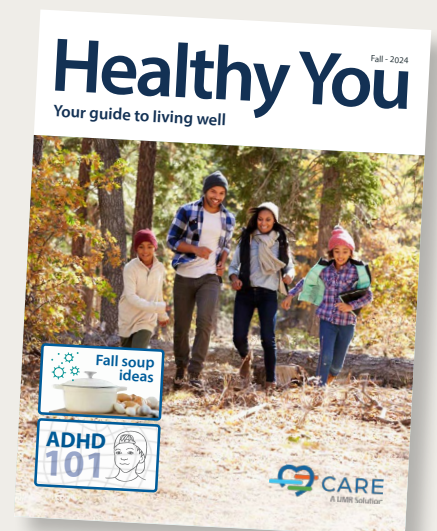
- [Feeding your body, feeding your brain](#)
- [Set smart lifestyle goals with the help of a registered dietitian nutritionist](#)
- [The health benefits of tea](#)
- [National Center for Home Food Preservation](#)

Healthy recipes

- [Gluten-Free BBQ Chicken Nuggets](#)
- [Whole-Grain Pasta with Brussels Sprouts and Walnut Vinaigrette](#)
- [Healthy Mac and Cheese](#)

Mental health awareness

Gift giving can be good for your mental health. In fact, gift giving activates regions of the brain associated with pleasure, social connection and trust, creating a "warm glow" effect. Learn more about [how this holiday tradition can give you an emotional boost](#).



Healthy You magazine

Here's what's in the latest issue of *Healthy You*, an award-winning magazine with health and wellness articles that support and encourage your healthy choices.

[Immunity boost in a bowl](#)

Everything you need to know to cook up healthy, hearty soups this winter.

[Habit hacks](#)

Try these 2 simple strategies for building better habits that stick.

[Walking in your winter wonderland](#)

How to stay loyal to your daily walks when the weather turns colder.

Find the entire [Fall](#) issue [here!](#)