

# NUTRITION NEWSLETTER

December 2024

## Food Focus: Potatoes

### In Season in December

You may notice a price drop at the grocery store! The flavour and texture may be better too.

### A Source of:

- Potassium

Important to limit potassium if you have trouble with your kidneys

- Carbohydrate (carbs)

Important to watch carbs and balance your meals with protein and vegetables if you have diabetes

### Storage Tips:

- Keep in a dark, cool, dry place
- Do not put potatoes in the fridge!
- Wait to wash potatoes until you're about to use them
- Keep potatoes away from onions to avoid them both spoiling quicker!
- If your potatoes have mold, black or soft spots, or turn green, throw them away

## Recipe Ideas

- Baked or air fryer potato chips (recipe on other page!)
- Baked potato wedges
- Garlic mashed potatoes
- Homemade hashbrowns
- Potato salad
- Breakfast potato skillet: potatoes, peppers, onions

## Tips to lower potato potassium

- Cut potatoes into small pieces or slices
- Boil for 10 minutes or more in a large pot of water.
- Throw that water out and boil potatoes in fresh water again

This halves the amount of potassium in the potatoes!

- Or, soak small pieces in a large amount of water at room temperature

Aim for 1/2 cup serving of potatoes

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## Homemade Potato Chips

Total time: 30 minutes

Yield: 6 servings

### Ingredients

- 2 large potatoes
- Cooking oil, to taste
- 1/2 teaspoon salt

### Directions

1. Slice potatoes into very thin slices using a knife or vegetable peeler
2. Add potatoes to a large bowl with water. Soak for 15 minutes, drain, then add fresh water and soak another 15 minutes
3. Preheat air fryer or oven to 350 degrees F
4. Drain potatoes, place on tea towels or paper towel, and pat dry
5. Add potato slices to air fryer basket or sheet pan. Drizzle with oil and sprinkle with salt
6. Cook until crisp and golden brown, about 15-17 minutes. Stir and turn slices every 5-7 minutes.

Recipe from: [Tasteofhome.com](https://www.tasteofhome.com)



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## Healthy New Year Resolutions

New Year's Eve is typically a time where people make resolutions (or goals) for the new year. Usually, resolutions focus on self-improvement. But did you know there's a way to make healthy, achievable goals? Read below for more information!

### **Step 1: Pick your goal**

The first step is to decide *what* you want to change. For example, maybe you want improve your health by exercising more.

### **Step 2: Get specific**

*How* are you going to accomplish your goal? Continuing the above example: to exercise more, you decide you're going to do bodyweight exercises at home or go for walks outside. Try to add a number to it, for example, "I'm going to exercise at home 3 times a week."

### **Step 3: Make it realistic**

Make sure your goal is something you can *actually* do. For example, saying "I'm going to lose 30 pounds" might be achievable for some people, but for others, it wouldn't be. A more realistic goal might be "I'm going to exercise 3 times a week" or "I'm going to start drink water instead of regular pop". These goals are more focused on healthy habits rather than weight loss. Weight loss can still happen when we start healthy habits, it just may not be your main focus. Doing this can help you improve your health without feeling guilty that you didn't lose "enough" weight, or using unhealthy methods to lose weight.

### **Step 4: Set a timeline**

Making check-ins usually helps people *stick* with their goals. Decide when you will start your goal and when you will pause and reflect on how it's going for you. If it's going well, keep it up! If not, adjust something from step 2 or 3 again until you are able to achieve your overall goal! Remember to be kind to yourself and expect progress, not perfection!