



Holidays!

Thanksgiving, Hanukah, Christmas, Kwanzaa, New Year's, oh my! The winter months provide many reasons for celebrations, gatherings, parties, and feasts. Use these tips to enjoy healthy foods and physical activities throughout the holiday season.

Grocery Shopping and Cooking

Fruits and Vegetables: Pack your shopping cart with plenty of fresh vegetables like potatoes (white and sweet), winter squash, broccoli, carrots, and green beans. Apples, cranberries, and pears combine easily for a tasty salad, fruit crisp, or topping for the turkey. Stock up on dried cherries, cranberries, apricots, dates, and figs for baking and snacking.

Grains: Use whole-grain bread and wild rice for the stuffing or as a side dish.

Dairy: For dips, sauces, and pie toppings use non-fat yogurt or fat-free sour cream. Non-fat yogurt works best in dishes that don't require heating. Try evaporated skim milk instead of whole milk for baking.

Proteins: Use egg substitutes in place of whole eggs. Top casseroles with almonds instead of fried onion rings. Serve nuts such as pecans, walnuts, almonds, and peanuts as snacks or add them to salads, cookies, and cakes.

Canned Goods: Use low-sodium, fat-free chicken broth in your mashed potatoes.

Bakery: Go easy on foods with "hydrogenated" or "partially hydrogenated oils". Switch to oils or trans fat-free margarines. Add healthy ingredients to cake or cookie batters, like raisins or toasted nuts. Choose products that are trans fat-free. In addition to limiting trans fat intake, think about cutting back on total fat by using fruit purees or yogurt in place of butter or other spreads. No matter what changes you make in your holiday recipes to help reduce total fat intake, change slowly and substitute one ingredient at a time.

Magazine Rack: Check cookbooks and cooking magazines for updated health-conscious versions of your family's favorite holiday recipes.

Did You Know?

Nuts are a good source of unsaturated fats, which help keep blood cholesterol levels in check.

Cranberries contain powerful antioxidants. These red berries protect the body from heart disease, gum disease, some types of cancers, stomach ulcers, and urinary tract infections. Try cranberries in juice, smoothies, stuffing, salads, desserts, and salsa.

Dried fruits are also rich in phytochemicals that ward off heart disease, some cancers, memory loss, and loss of eyesight.

Eating at Meals and Parties

To enjoy your meal and prevent overindulgence, eat slowly, savor each bite, and engage in mealtime conversations. Take time to eat slowly, allowing your stomach to get full.

Add more fruits and vegetables to your diet to help control portion sizes and calorie intake during the holidays. If you're going to a holiday party...



- Develop an eating plan before you arrive at the party
- Eat small frequent meals throughout the day prior to the party
- Drink a glass of milk or eat a piece of fruit beforehand
- Make just one trip to the party buffet
- Fill up on fruits, veggies and grain foods
- Limit cookies, cakes and other holiday treats to smaller portions
- Alternate alcoholic beverages with non-alcoholic drinks, because drinking alcohol can cause you to eat more.
- Select foods carefully. Think about what foods you want to eat, which ones you will just sample and which ones you will skip
- Lastly, enjoy the celebration. Pace your eating and spend time visiting. You'll eat less and feel good about what you've eaten.

Physical Activity

Also, don't forget to engage in regular physical activity throughout the holiday season, and beyond. Get the entire family involved – walk, bike, play a game of catch, or ski. Good physical activity habits can teach kids that family exercise is as important as family meals.

Nutrition Facts

Roasted turkey breast w/ skin (3 ounces): 160 calories, 6 grams fat

Whole-wheat roll: 75 calories, 1 gram of fiber

Mashed sweet potato (1/2 cup): 436% Daily Value (DV) for vitamin A,
41% DV for vitamin C

Green beans (1/2 cup): 22 calories, 2 grams of fiber, 10% DV for vitamin C

Homemade pumpkin pie (1/8 pie): 315 calories, 14 grams fat,
235% DV for vitamin A

Eggnog (1 cup): 340 calories, 19 grams fat, 10 grams protein

Apple cider (1 cup): 110 calories, 10% DV for potassium