



Tips for a Healthy Holiday Season



From Thanksgiving to New Year's, the holiday season seems to center around food. But you do not have to avoid holiday celebrations to avoid increasing your waist size. There are many ways to celebrate while still focusing on your health.



Healthy Holiday Eating:

- ☞ Focus on weight maintenance, not weight loss. The holidays are not the time to go on a diet. Focus on preventing weight gain instead. This will help you to enjoy the foods you love without feelings of guilt.
- ☞ Remember your portion sizes. Moderation is key to preventing weight gain over the holidays. You will not feel deprived if you allow yourself a small piece versus none.
- ☞ Don't skip meals. Not eating will cause you to over eat at the next meal.
- ☞ Know what you want to eat. Check out the spread before you dig in.
- ☞ Remember to stop. Food is a social thing at parties. It can be easy to continue to eat past the point of being full.
- ☞ Limit tempting favorites to one or two choices.
- ☞ Watch your liquid calories. One of the biggest calorie holders is alcohol. Go for the calorie free drinks.

In Your Kitchen:

- ☞ Use non-stick cookware and coat baking dishes with vegetable cooking spray.
- ☞ Make dips and spreads with reduced-fat: sour cream, cream cheese or yogurt.
- ☞ Baste your turkey with apple cider or chicken broth.
- ☞ Mash potatoes with skim milk, reduced-fat sour cream or garlic-herb chicken broth.
- ☞ Substitute chopped, steamed veggies for some of the bread in your stuffing recipe.
- ☞ Sprinkle veggies with Parmesan cheese rather than butter.
- ☞ Reduce the sugar and fat (margarine or oil) content in dessert recipes by $\frac{1}{4}$.
- ☞ Use applesauce or baby prunes as a substitute for margarine, butter or oil in baked goods.
- ☞ Use fat-free evaporated or condensed milk in recipes such as fudge.
- ☞ Dust cakes with confectioner's sugar rather than spreading with frosting.
- ☞ Bowls of fresh fruit are always a festive and sweet substitute for candy or chocolates.
- ☞ You've tried the leftover turkey sandwich...Now try the leftover turkey salad! Top mixed greens with cucumbers, mushrooms, tomatoes, peppers, a few slices of turkey and low-fat vinaigrette.



Going to a Party?

- ☞ Offer to bring a healthy dish to share.
- ☞ Have a nutritious snack before the party. Use a small plate rather than a large one.
- ☞ Don't stand next to the food table.
- ☞ Enjoy small portions of EVERYTHING...only have seconds of fruits and veggies.
- ☞ Wait at least 20 minutes before returning to the buffet line for more food.

Healthy Gift Ideas:

- ☞ Vegetable steamer
- ☞ Garlic press
- ☞ Mini bottles of extra virgin olive oil
- ☞ Homemade seasoning mixes
- ☞ Vegetable seed packets
- ☞ A subscription to a healthy magazine (Cooking Light, Health)
- ☞ Get creative with gift baskets:
 - For the pizza lover: pizza pan, cheese grater, garlic press, PAM spray, roasted red peppers, Italian seasoning, pizza cutter
 - For the vegetarian: vegetable steamer, assorted herbs and spices, dry bean soup mix, pottery soup mugs, vegetarian cookbook.
 - For the pasta lover: pasta bowl, assorted dry pasta, olive oil, pine nuts, cheese grater, pasta tongs, homemade pesto with recipe, pasta cookbook.



Keep Moving:

- ☞ Make family time active.
- ☞ Try something new
- ☞ Be physically active to relieve holiday stress.
- ☞ Go for a brisk walk before heading out to a holiday party.
- ☞ Make a New Year's resolution with friends to start a walking group.



Have a Happy and Healthy Holiday !!