

# Healthy holidays!

'tis the season to eat smart

The holiday season is a time to celebrate with great family food traditions from dips to desserts. Did you know that decadent food one meal after another can unexpectedly turn into unwanted weight gain? Do your part to eat smart by following these healthy holiday tips that will keep your plate in shape.

## Healthy holiday tips

- 1 Eat normally on holiday party days. Don't skip breakfast and lunch or save your entire appetite for the big dinner.
- 2 Check out everything that is on the table before filling your plate. Eat only what you love and skip your least favorite dishes.
- 3 Use healthy holiday cooking methods. Bake, roast and steam to cut the fat and calories, go easy on heavy cream sauces, and work lots of veggies onto your menu. Try colorful veggies and dip instead of chips and dip for appetizers.
- 4 Drink a glass of water before dinner. Eat slowly and listen for your body to tell you that you are full.
- 5 Save room for dessert but choose a sensible portion and don't overdo it.
- 6 Plan family activities that aren't all about food. A fun family walk or hike can allow you to keep moving. Stick to an active routine even during the holidays.

## From kitchen to table

Try our holiday eating tips and revamp your favorite traditional celebration foods to be delicious and nutritious!



Use low or non-fat dairy products in your recipes when possible such as low-fat milk, light cream cheese or reduced fat cheddar.

If it is not possible to make a substitution for spreads or condiments like mayonnaise, butter or sour cream, use a small amount on your plate.

Consider sauces or soups that are not cream-based, but broth-based for lower calories.



Choose leaner cuts of meat. White meat is lower in fat than dark meat. Turkey breast or chicken are the leanest types.

Trim the visible fat off of meats and remove the skin from poultry. Cook meats on a rack so fat can drip away.

Cool soups, gravies and stews before serving and remove the hardened fat that has collected on the top.



Try not to add fat to your vegetables, but when you do, choose healthy fats. Flavor roasted vegetables with olive oil and

fresh herbs instead of creamy sauces and butter.

Leave the skins on your potatoes for extra fiber and mash with skim milk, low-fat sour cream, yogurt or low-sodium chicken broth.

Stuffing — take the opportunity to add more veggies such as onions and celery.

Try healthy recipes in your holiday meals, don't restrict yourself from eating your favorite celebratory foods and plan for a family activity that gets everyone moving. Enjoy the holidays and come January when it is time to make New Year's resolutions, you'll be ready to go!