

Healthy Holiday Eating

Healthy Eating Tip of the Month

December 2016



Simple Tips to be Healthier This Holiday Season

Recreate your plate.

To ensure that you are consuming a variety of nutrients this holiday season, consider modeling your plate after the MyPlate model found to the right. This model represents a properly balanced plate, containing all food groups.



Choose lean protein sources.

Consider preparing lean proteins this holiday season such as white meat turkey, chicken breasts, ham, cod or flounder. Great protein alternatives for vegetarians are beans and lentils! A helpful tip to make higher fat meats more lean is to remove the skin or visible fat. This will overall reduce calorie and fat content of the meat.

Drink plenty of water.

Sip on water frequently throughout the day to prevent dehydration. For those who do not like plain water, consider infusing your water with lemon or lime slices to turn up the flavor!

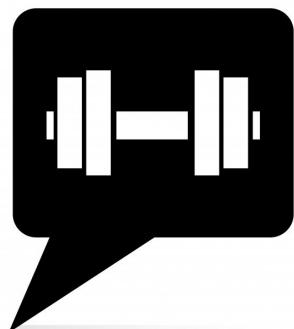


Make Desserts Healthier.

When baking all of your holiday desserts consider using applesauce or mashed bananas rather than butter. Another healthier baking alternative to try is cutting the amount of sugar that a recipe calls for in half. If baking is not your forte, try making a yogurt parfait dessert which can be made using your favorite fruits and low-fat yogurt!

Enjoy the moment.

The holidays are a time to have fun with family and friends, so don't be afraid to laugh, socialize, and dance! Have fun and keep a smile on your face this holiday season!



Don't forget about exercise.

At your holiday gift exchanges think about getting others items that will inspire them to be healthy this coming new year. Consider purchasing workout dvds, workout gear, or water bottles to get others inspired!



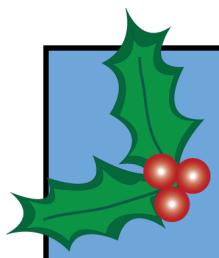
Repurpose holiday leftovers.

Everyone loves holiday leftovers, but sometimes it can be difficult to turn them into something new. Consider adding leftover turkey to soups or salads and adding leftover vegetables to breakfast omelets or stews. Try making it a competition with other family members to see who can come up with the best repurposed leftover recipe!

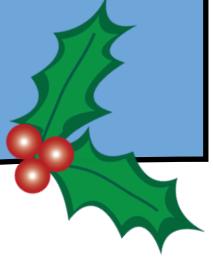
Remember to think of others this season.

Give back this holiday season by participating in community service activities. Make it a family tradition to give foods to a local food bank or volunteer to serve meals at a local shelter.





Healthy Recipes to Beat the Bulge This Holiday Season



During the holiday season we look forward to traditional foods, however traditional foods can oftentimes be calorie and fat laden. Consider the following alternate recipes for some of your favorite holiday dishes in order to lighten the calorie load and prevent weight gain this season!

Green Bean Casserole: makes 8 servings

Ingredients:

1 lb frozen green beans	
10.5 oz canned, reduced-fat	
low-sodium cream of mushroom	Small onion, cut into thin strips
soup	Nonstick cooking spray
1/2 cup low-fat sour cream	1/4 cup whole-wheat flour
1/2 tsp. pepper	

Directions:

1. Preheat oven to 350 degrees F.
2. In a 9x13 casserole dish, combine green beans, soup, sour cream and pepper. Stir until well mixed and bake for 20 minutes.
3. While casserole bakes, spread out onion sticks and lightly spray with cooking spray.
4. Sprinkle flour over onion pieces, tossing to coat equally.
5. Spray a medium-large skillet with cooking spray and heat to medium-high heat. Add onions and cook until crispy, stirring occasionally.
6. Remove casserole from oven, add 1/2 onions and stir well and enjoy.

Nutrient Analysis:

Calories per serving:	77
Total fat:	2.0g
Saturated fat:	0.5g
Sodium:	138mg
Cholesterol:	4mg
Total carbohydrates:	12g
Dietary fiber:	2g
Sugars:	0g
Protein:	3g

Garlic-Parmesan Roasted Brussels Sprouts: makes 6 servings

Nutrient Analysis:

Calories per Serving:	204
Total fat:	15g
Saturated fat:	3g
Cholesterol:	3mg
Total carbohydrates:	14g
Dietary Fiber:	5g
Sugars:	3g
Protein:	7g

Ingredients:

2 lbs Brussels sprouts, halved	1 tsp. dried thyme
1 small lemon, sliced	1/2 tsp. salt
4 cloves garlic	1/4 tsp. ground pepper
1/4 cup extra-virgin olive oil	1/3 cup finely shredded parmesean
	1/4 cup toasted pine nuts

Directions:

1. Position racks in upper and lower third of oven, preheat to 425 degrees F.
2. Toss Brussels sprouts, lemon, garlic, oil, thyme, salt and pepper in large bowl. Divide between 2 large rimmed baking sheets and spread in an even layer.
3. Roast without stirring for 10 minutes. Switch the pans top to bottom and continue roasting, without stirring, until lightly browned and tender. Transfer to serving dish and sprinkle with parmesan and pine nuts.

Southern Cornbread: makes 12 servings

Ingredients:

Cooking spray	1/2 tsp baking powder
1 cup yellow cornmeal	1/8 tsp salt
1/2 cup all-purpose flour	1 cup no-salt added, cream-style corn, undrained
1/2 cup whole-wheat flour	1/2 cup low-fat buttermilk
2 Tbsp. sugar	1/4 cup fat-free milk
1/2 tsp. baking soda	1 large egg
	2 Tbsp. canola or corn oil

Directions:

1. Preheat oven to 425 degrees F. Lightly spray a 9-inch square or round baking pan or pie pan with cooking spray.
2. In a large bowl, stir together the cornmeal, both flours, sugar, baking soda, baking powder, and salt. Make a well in the center.
3. In a medium bowl, stir together remaining ingredients. Pour into the well in the flour mixture, stirring just until moistened. Spoon into the baking pan. Lightly spray top of the batter with cooking spray.
4. Bake 20-25 minutes, or until a wooden toothpick inserted in the center comes out clean. Transfer pan to a cooling rack. Let cool 5-10 minutes before slicing.

Nutrient Analysis:

Calories per serving: 139
Total fat: 3.5g
Saturated fat: 0.5g
Sodium: 114mg
Cholesterol: 16mg
Total carbohydrate: 25g
Dietary Fiber: 2g
Sugars: 2g
Protein: 4g

Frozen Pumpkin Mouse Pie: makes 8 servings

Nutrient Analysis:

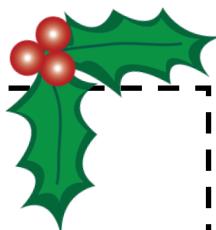
Calories per serving: 231
Total fat: 5g
Saturated fat: 1g
Sodium: none
Cholesterol: 4mg
Total carbohydrate: 42g
Dietary fiber: 2g
Sugars: 28g
Protein: 4g

Ingredients:

Crust:	Filling:
30 small gingersnap cookies	1 cup canned pumpkin puree
2 Tbs. raisins	1/3 cup packed brown sugar
1 Tbs. canola oil	1/2 tsp. ground cinnamon
	1/4 tsp. ground ginger
	1/4 tsp. freshly grated nutmeg
	4 cups frozen low-fat vanilla ice cream

Directions:

1. Preheat oven to 350 degrees F. Coat 9-inch, deep-dish pie pan with cooking spray.
2. To prepare crust: combine gingersnaps and raisins in food processor and pulse until finely chopped. Add oil and pulse until blended. Press evenly into the bottom and up the sides of the prepared pan.
3. Bake the crust until set, about 10 minutes. Transfer to a wire rack to cool.
4. To prepare filling: combine pumpkin, sugar, cinnamon, ginger and nutmeg in a large bowl and mix well. Add ice cream and stir until blended. Spoon the mixture into the cooled pie crust. Freeze until firm, at least 2 hours. Before serving put pie in fridge to soften for 20-30 minutes.



Food Safety Tips for a Healthy Holiday Season

The holiday season is a time for parties, celebrations, and tons of delicious food however, if foods are not prepared properly one can become very sick with food poisoning.

1. Clean:

- Wash hands for 20 seconds with warm water and soap before handling food.
- Wash cutting boards, dishes, utensils and counter after each food preparation.
- Always rinse fruits and vegetables to remove surface dirt.
- Never rinse raw meats and poultry before cooking.

2. Separate:

- Keep raw eggs, meats, poultry, seafood, and all of their juices away from foods that aren't to be cooked.
- Consider using one cutting board for items that are to be cooked such as meats, poultry, and fish and one cutting board for items that aren't to be cooked.
- Keep utensils that have been used on raw meats/poultry away from ready to eat foods.
- Do not put cooked meat on an unwashed plate that once held uncooked meat.

3. Cook:

- To check turkey, insert thermometer into innermost part of thigh and wing and thickest part of the breast.
- Temperature for turkey should reach 165 degrees F.
- If turkey is stuffed, stuffing should reach 165 degrees F.
- Bring gravies and sauces to a boil when reheating.
- Use pasteurized eggs to make eggnog.

4. Chill:

- Refrigerate any type of food that should be refrigerated within two hours of sitting out.
- Keep refrigerator at or below 40 degrees F and keep the freezer at or below 0 degrees F.

What Causes Food Poisoning:

- Bacteria
- Viruses
- Parasites

Symptoms of Food Poisoning:

- Vomiting
- Diarrhea
- Flu-like symptoms
- Symptoms usually short in duration
- Symptoms last a few hours to a few days

Populations at an Increased Risk:

- Older adults
- Infants and young children
- Pregnant women
- Those with HIV/AIDS
- Those with cancer
- Those who take medicines that suppress immune system function

Survival Tips for Healthy Holiday Parties



During this time of the year many people find themselves eating more than usual and ditching their pre-holiday diets and healthy eating habits. It is possible to enjoy all of your holiday parties and celebrations without giving up your healthy habits. With the following survival tips you can continue to eat healthfully all through the holiday season!

1. Eat before you go.

While it may be tempting to go all day without eating in order to save up calories for the event, you will end up being so hungry that you will most likely end up overeating. Eating a small, lower-calorie snack of string cheese, nuts and crackers will help curb your appetite to help keep you from overeating while at the party.

3. Don't rush to eat.

When you have a plate in front of you full of traditional holiday foods it is sometimes hard to stop yourself from eating everything quickly. The problem with this however, is that eating too quickly delays the signal from the brain telling you that you are full. When the signal is not received, overeating then results. Consider putting your fork down between bites to slow yourself down.

5. Pay attention to beverages.

Oftentimes people forget that holiday cocktails and other alcoholic drinks can contain many empty calories. Try limiting your alcoholic beverage intake to 1-2 beverages per day to reduce your caloric intake this season!

2. Don't stand near the buffet.

Sweets and treats are usually hard to resist when they are right in front of you on the buffet line. Choose a few items from the table and then walk away so you aren't tempted to go back for more! Choose a few of your favorites along with some healthy options such as fruit or nuts to help balance out your plate.

4. Use a smaller plate.

The bigger the plate, the more people tend to eat. With a smaller plate you won't be able to put as much food on your plate, meaning fewer calories and less fat consumed. Try opting for a small salad plate rather than a large dinner plate at your next holiday gathering and consider only making one trip to the buffet table.

6. Beware of the appetizers.

Everyone always digs into the appetizers before dinner time; however, if you aren't mindful, these calories can add up quickly. Try putting your appetizers on a plate rather than grazing around the chip and dip bowl. This will require you to limit yourself so you don't continually go back for more.

7. Scan the buffet.

Prior to plating up your food at your next holiday party, take the time to scan the buffet table so you are aware of all of the options. Viewing what is available is vital because it will allow for you to think about which foods you really want rather than just filling your plate up with all of the offerings! This will not only help you save calories but it will allow for you to choose healthy options as well!

9. Get up and moving.

Make it a tradition to take a walk to look at holiday lights after your meal. Getting up and moving after eating a large meal will not only burn calories, but it will also be a fun activity for friends and family!

8. Get plenty of sleep.

Make sure to get a good night's sleep before going to your holiday celebrations. When you are sleep deprived your body produces a hormone called ghrelin, also known as the hunger hormone, which may cause you to overeat. To prevent you from being sleep deprived at your next holiday party ensure that you are getting 7-9 hours of sleep per night.

10. Don't get down on yourself.

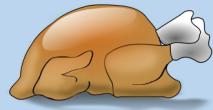
It is highly important that if you feel as if you overate at one of your holiday celebrations that you do not get down on yourself. Do not give up on your goals even if you slipped up. Remind yourself that each day is a new day and that you can try to make healthier choices at the next holiday party!

Holiday Foods to Eat in Moderation

Eating healthfully during the holidays is all about moderation and not going overboard on high-calorie foods. Being aware of which foods are high in calories and fat is important so you know how to properly fill your plate. Don't feel as if you need to completely avoid these foods, but just be mindful and eat smaller portions!



1. Turkey Skin



2. Stuffing

3. Buttery Mashed Potatoes

4. Sweet Potato Casserole

5. Pecan Pie



6. Pigs-in-a-Blanket



7. Mixed Drinks

8. Egg Nog

9. Caramel Popcorn

10. Cakes and Cookies



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Created by: Jena Kryling

Dietetic Intern

Patient Food and Nutrition Services

300 N. Ingalls Street

NIB NI8E20

Ann Arbor, MI 48109-5407

(734)-936-5197

