

PEDIATRIC HEALTHY HOLIDAY

HEALTHY EATING TIP OF THE MONTH
DECEMBER 2016



Healthy Holiday Dessert Substitutions

The holidays are usually a time to enjoy sweet treats that are high in sugar, fat, and calories. These are fun kid-friendly recipes to try that put a healthy spin on classic holiday desserts!

Recipes Include:

Baked apple with cinnamon-oat topping

Apple pie is a classic American dessert during the holiday season. This baked apple with cinnamon-oat topping will give you all of the wonderful flavors and textures of apple pie without the empty calories, fat, and added sugar.

Peanut butter chocolate fudge

Everyone loves creamy rich chocolate fudge during the holidays. Try this delicious chocolate peanut butter fudge recipe that is free of refined sugar, only 6 ingredients, and sneaks in a secret healthy banana!

Pumpkin cheesecake smoothie

Pumpkin pie can be seen at holiday gatherings from Thanksgiving all the way to New Years. Try substituting this smoothie recipe for a nutritious and refreshing low calorie, high protein treat!



Pumpkin Cheesecake Smoothie

Ingredients:

- 1 cup canned pumpkin
- 1 cup low-fat vanilla yogurt
- 1 cup fat free milk
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon vanilla extract
- 2 teaspoons sugar
- Sprinkle of nutmeg

Directions:

1. Combine all the ingredients except the nutmeg in a blender or food processor
2. Blend until smooth
3. Pour into a glass and garnish with a sprinkle of nutmeg



Baked Apples with Cinnamon-Oat Topping

Ingredients:

- 2 medium sweet red apples
- 3 tablespoons finely chopped pecans
- 2 tablespoons uncooked quick cooking oats
- 2 tablespoons packed dark brown sugar
- 1 tablespoon chopped dried cranberries
- 1 tablespoon cold butter, finely chopped
- 1/4 teaspoon ground cinnamon
- 1/4 teaspoon salt



Directions:

1. Preheat oven to 350° F
2. Cut each apple in half horizontally. Use a melon baller or spoon to remove the core from each half, creating a rounded hole
3. Combine nuts, oats, brown sugar, cranberries, butter, cinnamon, and salt. Use your fingers or a fork to mix until mixture resembles coarse meal. Fill each apple with about two tablespoons of oat mixture
4. Place apples in an 8-inch baking dish; pour apple juice around apples in dish and cover dish with aluminum foil
5. Bake 30 minutes. Remove foil, and bake for an additional 10 to 15 minutes or until apples are tender and topping is golden brown

Peanut Butter Chocolate Fudge

Ingredients:

- 1/2 cup peanut butter, all-natural
- 1 large—banana
- 1 teaspoon vanilla extract
- 2 tablespoons coconut oil
- 2 tablespoon maple syrup, pure
- 1 tablespoon cocoa powder, unsweetened

Directions:

1. Stir peanut butter till creamy and smooth
2. Place all ingredients in a food processor or high powered blender and mix until very smooth
3. Spread into an 8x8 pan or loaf pan
4. Place in fridge or freezer until firm
5. Cut into squares
6. Store in fridge to maintain solid bars



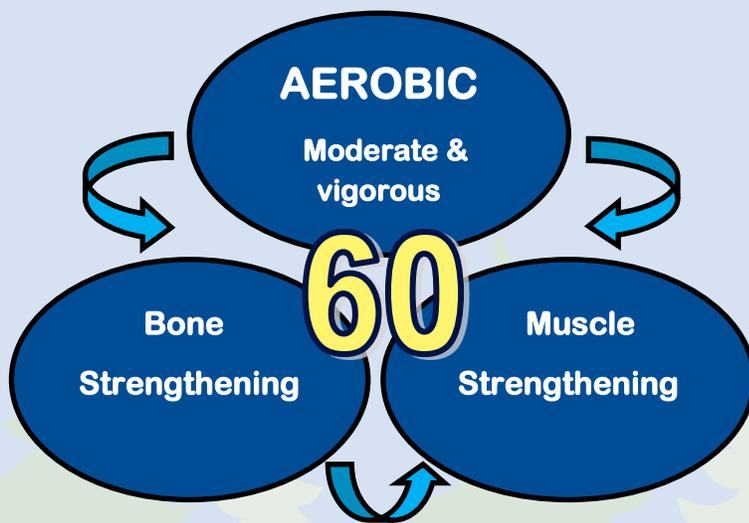
Other Holiday Baking Tips:

- Instead of butter, substitute equal parts of no sugar added cinnamon applesauce
- Use half whole wheat flour and half regular flour
- Use extracts like vanilla, almond, or peppermint to add flavor instead of sugar or butter
- Use dried fruit such as cranberries and cherries instead of chocolate chips or candies
- Instead of whole milk or heavy cream, substitute low-fat or skim milk



Tis the Season to Get Active!

Sometimes getting exercise in the winter months with all the hustle and bustle of the holidays can be a challenge. The Centers for Disease Control recommends that children and adolescents get 60 minutes of physical activity each day which includes:



What counts as each type?

- **Aerobic activity:** biking, walking to school, playing tag, skateboarding
- **Muscle Strengthening:** push ups, swinging on playground equipment, gymnastics, rope or tree climbing
- **Bone Strengthening:** jumping rope, hop-scotch, running, sports such as basketball, volleyball, or tennis

It all adds up!



Exercise is not only fun, but it also provides numerous health benefits!

Improves strength and endurance

Helps build healthy bones and muscles

Helps control weight

Helps reduce risk of chronic diseases such as diabetes, cardiovascular disease, and colon cancer

Helps with anxiety and stress

Increases self esteem



Winter Exercise Ideas!

Get the whole family moving during those chilly winter months with these fun activities!

Outdoor Activities

- Go sledding
- Play a game of family football
- Do a winter neighborhood scavenger hunt
- Build a snowman
- Shovel the snow with the family
- Go ice skating
- Take a neighborhood walk to look at the holiday lights

Indoor Activities

- Dance to holiday music
- Swim at the local YMCA
- Attend classes at the local community center
- Take the family to an indoor trampoline park
- Play active video games such as Just Dance or Wii Fit



Tips to encourage exercise in the Winter

- 1 Explain the importance
- 2 Get the whole family involved
- 3 Establish a habit and set goals
- 4 Set a limit on daily screen time
- 5 Keep a log and add it all up!

Get the facts:

Current research suggests that creating a habit of regular exercise early in life has the greatest impact on future health and longevity.

Kids currently spend an average of 7 hours in front of a screen and only one in three kids are physically active every day.

The family is the best social learning environment to promote healthy behaviors with both food and exercise. Get up and move with the whole family during these fun winter months!

12 DAYS OF HOLIDAY VEGGIES!

On the 12th day of holidays
my veggies gave to me...

The USDA Dietary Guidelines recommend:

- Age 2-3: 1 cup of vegetables per day
- Ages 4-8: 1.5 cups of vegetables per day.
- Adults 19-50: 2.5 cups per day for women and 3 cups per day for men

Have fun filling your plate with nutrient-rich veggies this holiday season while singing this catchy jingle!

12



Broccoli Florets

Rich in Potassium

Potassium helps maintain a healthy blood pressure!

11

Sugar Snap Peas

Rich in Vitamin K

Vitamin K plays an important role in blood clotting!



10

Cherry Tomatoes

Rich in Lycopene

Lycopene is an anti-oxidant that removes free radicals in the body and helps protect against cancer!



9

Baby Carrots

Rich in Vitamin A

Vitamin A helps keep eyes and skin healthy!



8

Pepper Pieces

Rich in Vitamin C

Vitamin C helps keep gums and teeth healthy as well as maintaining a good immune system!



7

Zucchini Chunks

Rich in Vitamin C



6

Brussels Sprouts

Rich in Fiber



Fiber helps maintain healthy digestion!

5

Celery Sticks

Low in sodium

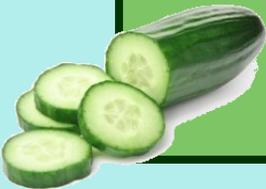


A diet low in sodium helps maintain a healthy heart!

4

Cucumbers

High water content



Cucumbers have a high water content to keep you hydrated!

3

Green Beans

Rich in Fiber



2

Asparagus Spears

Rich in Folate

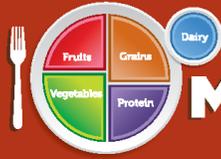


Folate is important for the healthy division of your cells!

1

Festive veggie Christmas tree!





MyPlate Holiday makeover



visit choosemyplate.gov for healthier options during the holidays

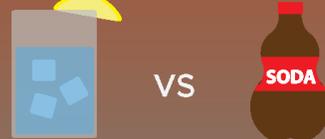
tweak the sweets



VS

fruits make delicious desserts

cheers to good health



VS

drink water to manage calories

bake healthier



VS

use recipes with pureed fruits instead of butter or oil

spice it up



VS

use spices and herbs instead of sugar and salt

brighten your meal



VS

fill half your plate with fruits and vegetables

skim the fat



VS

try skim evaporated milk instead of heavy cream

swap the grains



VS

choose whole wheat flour instead of white flour

go easy on the gravy



VS

a little bit of gravy goes a long way



10 tips

Nutrition Education Series

make healthier holiday choices



10 tips for a healthier holiday

The holidays are often filled with time-honored traditions that include some of our favorite meals and foods. As you celebrate, think of little changes you can make this holiday season to create healthier meals and active days.

1 create MyPlate makeovers

Makeover your favorite holiday dishes. Use My Recipe on SuperTracker to improve holiday recipes and get healthier results. Go to <https://www.supertracker.usda.gov/myrecipe.aspx>.



6 tweak the sweet

For dessert, try baked apples with cinnamon and a sprinkle of sugar instead of apple pie. Invite your guests to make their own parfait with colorful sliced fruit and low-fat yogurt.



2 enjoy all the food groups at your celebration

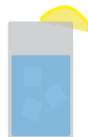
Prepare whole-grain crackers with hummus as an appetizer; add unsalted nuts and black beans to a green-leaf salad; include fresh fruit at the dessert table; use low-fat milk instead of heavy cream in your casseroles. Share healthier options during your holiday meal.

3 make sure your protein is lean

Turkey; roast beef; fresh ham; beans; and some types of fish, such as cod or flounder, are lean protein choices. Trim fat before cooking meats. Go easy on the sauces and gravies—they can be high in saturated fat and sodium.

4 cheers to good health

Quench your thirst with low-calorie options. Drink water with lemon or lime slices. Offer seltzer water with a splash of 100% fruit juice.



5 bake healthier

Use recipes with unsweetened applesauce or mashed ripe bananas instead of butter. Try cutting the amount of sugar listed in recipes in half. Use spices to add flavor such as cinnamon, allspice, or nutmeg instead of salt.



7 be the life of the party

Laugh, mingle, dance, and play games. Focus on fun and enjoy the company of others.

8 make exercise a part of the fun

Make being active part of your holiday tradition. Have fun walking and talking with family and friends after a holiday meal. Give gifts that encourage others to practice healthy habits such as workout DVDs, running shoes, and reusable water bottles.



9 enjoy leftovers

Create delicious new meals with your leftovers. Add turkey to soups or salads. Use extra veggies in omelets, sandwiches, or stews. The possibilities are endless!

10 give to others

Spend time providing foods or preparing meals for those who may need a little help. Give food to a local food bank or volunteer to serve meals at a shelter during the holiday season.



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Created by: Jackie Semivan, Dietetic Intern

University of Michigan Health Systems

Patient Food and Nutrition Services

300 N. Ingalls Street, NIB N18E20

Ann Arbor, MI 48109-5407



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HEALTH CENTERS**

UNIVERSITY OF MICHIGAN
HEALTH SYSTEM