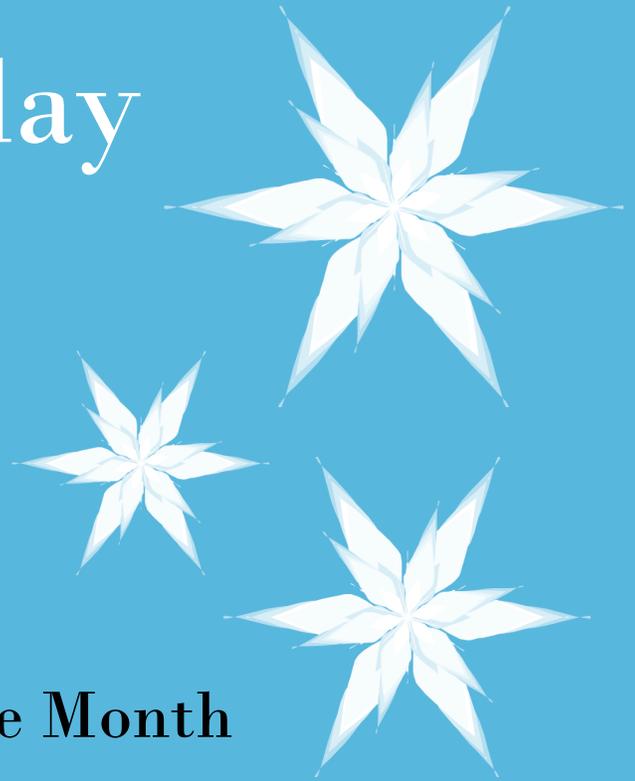


Healthy Holiday Eating for the Whole Family



Healthy Eating Tip of the Month December 2018

During this holiday season, find ways to keep your family healthy! Learn how to make healthier habits, choose more nutritious snacks, create fun holiday-themed recipes, manage weight, and control portions.

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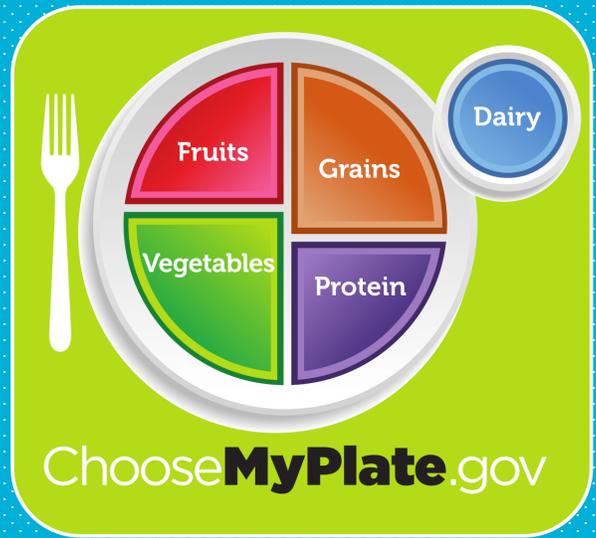
Healthy Snacking

Tips and Tricks:

- * Enjoy at least 2 food groups
- * Choose a fruit or vegetable
- * Make half your grains whole grains
- * Choose a variety of colors

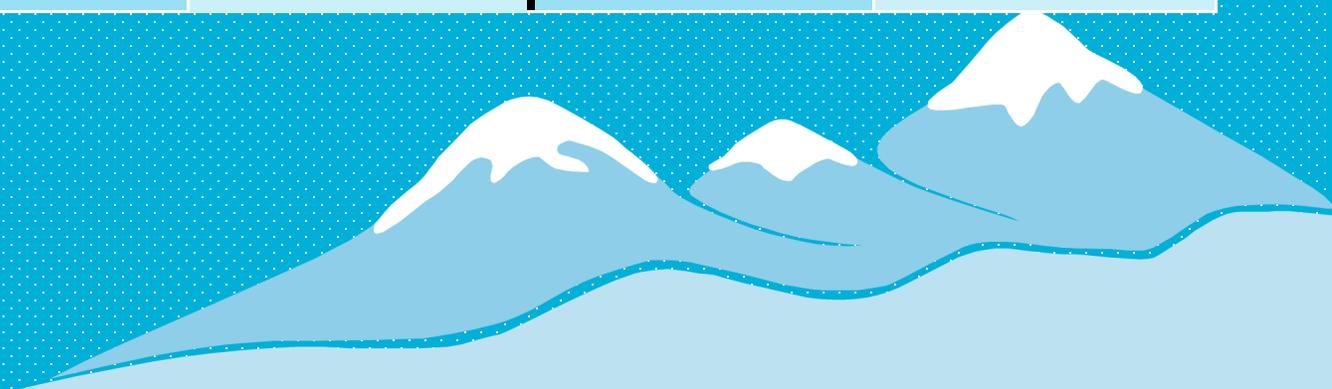
Snack Ideas:

- * Apples and peanut butter
- * Cheese and whole grain crackers
- * Almonds and dried fruit
- * Carrot and celery sticks with hummus
- * Whole grain cereal with low-fat yogurt



Cooking & Baking Substitutions

Replace this ingredient:	With this ingredient:	Replace this ingredient:	With this Ingredient:
1 cup oil or butter	1/2 cup applesauce	1 whole egg	2 egg whites
1 cup sour cream	1 cup plain Greek yogurt	1 cup whole milk	1 cup skim or 1% milk
1 cup mayonnaise	1 cup plain fat-free yogurt	White bread	Whole wheat bread
Flour, all purpose	Whole wheat flour	White rice	Brown rice



MyPlate Tips to Make Healthier Holiday Choices

1. Create MyPlate Makeovers

Makeover your favorite holiday dishes. Use MyPlate to incorporate the different food groups!



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.



7. Be the life of the party

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



3. Make sure your protein is lean

Turkey, roast beef, or fresh ham are lean protein choices. Trim visible fat before cooking. Try baking or broiling instead of frying. Go easy on sauces and gravies.



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.



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.



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!



5. Bake healthier

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

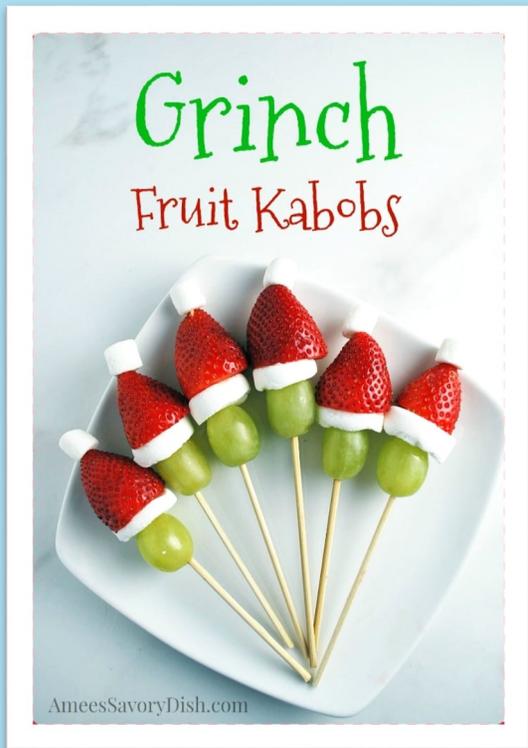
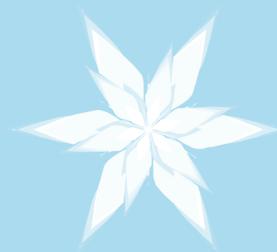


10. Give to others

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.



Fun Recipes For All



Ingredients:

- * Green Grapes
- * Bananas
- * Strawberries
- * Mini Marshmallows
- * Toothpicks

Instructions:

- * Wash grapes and strawberries.
- * Slice the tops off of the strawberries.
- * Slice bananas into 1/4 inch thick slices.
- * Assemble each fruit kabob in the following order: grape, banana, strawberry, mini marshmallow.

Tip: Serve and eat right away. Do not make too far in advance because the banana will start to brown.

Ingredients:

- * **Vegetables:** carrots, celery, cucumbers, pepper, broccoli, cauliflower and more!
- * Cream cheese (try low fat as a healthier substitute)

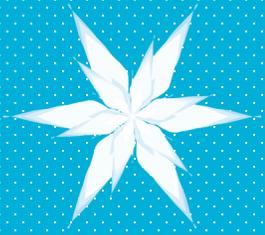


This healthy twist on a candy gingerbread house encourages kids to be creative and try different vegetables. What a fun way to get your fiber for the day! Be sure to refrigerate after making it and follow food safety guidelines.

Cooking with your kids is an excellent opportunity to teach them about nutrition and how to prepare healthy foods!



Weight Management Tips

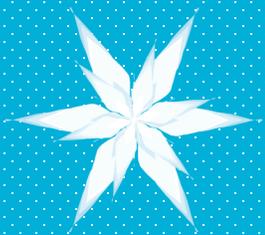
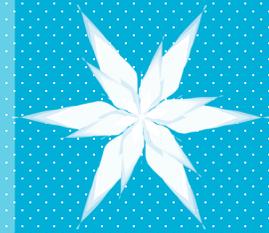


Eat Slowly and Enjoy Food

Take your time to enjoy and savor the food you eat. Being mindful can help you enjoy your food more and also keep you from over-eating. Remember, it takes about 20 minutes for your gut to tell your brain that it's full.

Portion Control

Practicing good portion control helps so you don't have to skip your favorite holiday treats. Try using a smaller plate or measuring cups to help keep those portions in check!



Bring a Healthy Dish to Pass

Bringing a healthy dish to a holiday party is a great way to make sure that you have healthy options available and that any leftovers you bring home will be healthy too!

Fill up on Fruits and Veggies

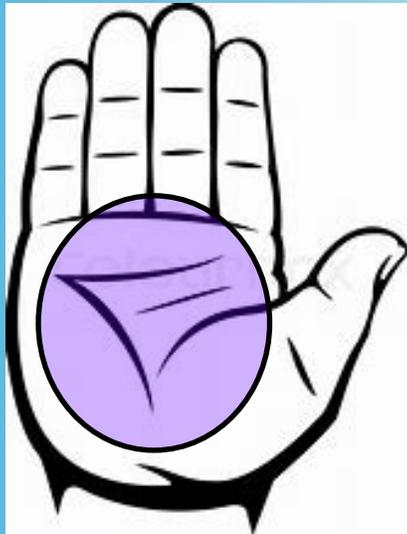
Make half your plate fruits and vegetables. These high-fiber foods will help satisfy hunger and are a great source of vitamins. Try having fruit for dessert to satisfy that sweet tooth and cut back on the added sugars.



Portion Control

1 Handful = 1-2 oz

1 serving of pretzels, nuts, or crackers



1 Thumb Tip = 1 Teaspoon

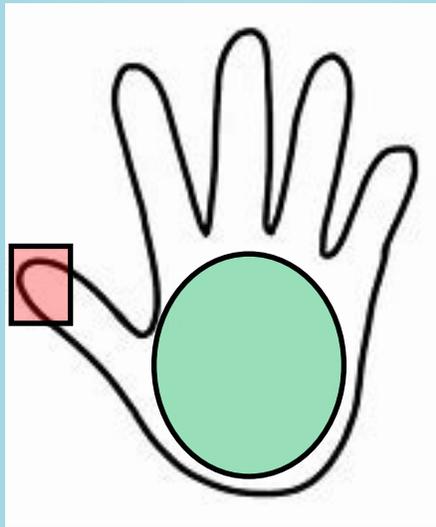
1 serving of oil or butter

1 Palm = 3 oz

1 serving of poultry, fish, or meat

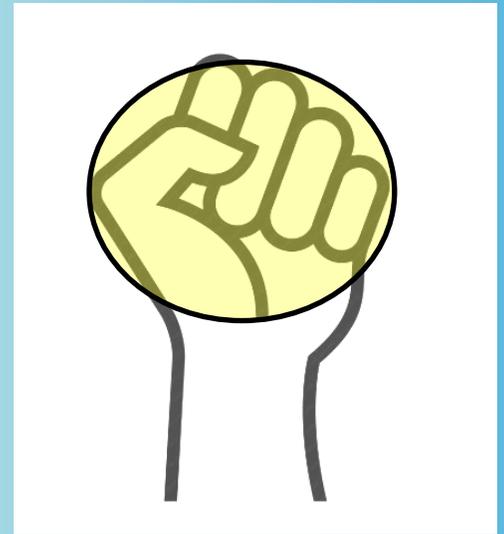
3 Thumb Tips = 1 Tablespoon

1 serving of peanut butter, cheese, or salad dressing



1 Fist = 1 cup

1 serving of raw vegetables, cereal, soup, fresh fruit



Tips for Watching Portion Size:

- * Don't eat directly from the bag. This makes it harder to see exactly how much you are eating, making it easier to overeat.
- * Be mindful when you eat. Avoid eating while watching TV or doing other activities, which can distract you from how much you are eating. It is recommended to eat at the table and pay attention to when you feel full.
- * Try ordering the smaller size when you go out to eat. Ask for a to-go box right away and put part of your meal inside, so you're not tempted to keep eating past when you feel full. You may also split a meal with a friend.
- * Use smaller plates. This can help keep your portions in check and prevent you from overfilling your plate.

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