

Healthy Holiday Eating

The holidays are often filled with time-honored traditions that include some of our favorite meals and foods. However, some of these foods are high in sugar, sodium (or salt), and empty calories. As you celebrate, think of little changes you can make this holiday season to create healthier meals.

ENJOY ALL OF THE FOOD GROUPS

- Have 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.



ENJOY LEFTOVERS

- Create delicious new meals with your leftovers.
- Add turkey, chicken, or ham to soups or salads.
- Use extra veggies in omelets, sandwiches, or stews.



HEALTHIER BAKING

- 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.
- Switch half of the flour to whole-wheat flour in recipes.



MAKE SURE YOUR PROTEIN IS LEAN

- Turkey, roast beef, fresh ham, beans, and fish are lean protein choices.
- Trim excess fat off of cuts of meat.
- Include vegetarian proteins like beans and eggs.
- Go easy on sauces and gravies — they can be high in saturated fat and sodium.



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Healthy Holiday Tips



- ☑ **Smart snacking.** Before a holiday meal or party, eat a light snack like a salad or a piece of fruit to curb your appetite. You will be less tempted to over-indulge.
- ☑ **Look before you choose.** Choose your favorite foods and skip your least favorite. Include vegetables and fruits to keep your plate balanced.
- ☑ **Eat until you are satisfied, not stuffed.** Savor your favorite holiday treats while eating small portions. Sit down, get comfortable, and enjoy.
- ☑ **Be careful with beverages.** Alcoholic and non-alcoholic holiday beverages can be full of calories and sugar. Make sure to limit yourself to one drink.

Holiday Drink Makeover

Eggnog

Traditional eggnog has a lot of heavy ingredients: whole milk, cream, egg yolks and sugar. To lighten it up, add a splash of eggnog to coffee instead of ordering an eggnog latte.



Hot Chocolate

Mixes are usually full of sugar and can contain unhealthy fats. Lighten up this favorite holiday drink by making an easy mix of your own. Simply mix 1-2



tbbsp of cocoa powder and 1 tbsp of honey or other sweetener in a cup of hot, low fat milk.

Holiday Dish Makeover

Mashed Potatoes

Most recipes for mashed potatoes include milk, butter, and salt. To make it healthier, use low fat milk and light sour cream. Mixing in some rosemary, thyme, and garlic powder to taste can add flavor without needing any extra salt or calories.



Oven Roasted Carrots

Oven-roasting with herbs can be used for many vegetable side dishes without needing to add butter or extra salt. Slice the carrots and lightly coat in olive oil with tarragon and a sprinkle of black pepper before placing in the oven. Allow vegetables to cook until soft, about 20 minutes at 400°F.

