



Healthy Eating Tip

Healthy Holiday Foods

The holiday season is upon us again. This time of year brings more socializing, more entertaining and more temptation to overindulge in delicious holiday foods. Year after year, the average person puts on a pound or two during the holidays. This year, with a little know-how, you can be proactive and avoid weight gain, while still satisfying your craving and enjoying the holiday season!

Tips for success:

1. Moderation is key. Take only “taste-size” helpings to satisfy your curiosity without overindulging.
2. Survey the food choices before filling your plate.
3. Always include fruits and vegetables on your plate of food.
4. Be careful with high calorie beverages, such as sodas and alcohol. Choose low calorie or sugar-free beverages.
5. Socialize away from the buffet table and other areas where food and beverages are available.
6. Plan time to exercise. Take a walk instead of napping. You will burn calories and have more energy!
7. Give your body a chance to know that it is full.
 - Start with a modest amount of food on your plate.
 - Eat slowly.
 - Allow for 20 minutes to pass.
 - Ask yourself if you really need more.
8. Do not skip meals. Eat a light snack before the party or event to curb your appetite and prevent overeating.
9. Bring your own healthy dish to the holiday gathering.

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From Corporate Fitness Works Registered Dietitian, Elaine Beville

Healthy Eating Continued...

How do you lower the fat and calories in a recipe?

- Use fat-free broth to baste the turkey and make the gravy.
- Serve steamed vegetables and use a light butter spray or oil or no additives at all.
- Choose a pumpkin or fruit pie over pecan pie. The average slice of pecan pie contains 22 grams of fat.
- Omit the bottom crust of fruit pies and just use the top crust. This will save you about 112 calories and 7 grams of fat. Also keep in mind that reduced calorie graham cracker crust and ready-made pie crusts are lower in calories than standard crusts.
- Top casseroles with almonds instead of fried onion rings.
- Choose reduced fat or fat-free cheeses for salads and casseroles.
- Offer whole wheat rolls rather than buttery white rolls and croissants.
- Choose mashed potatoes or sweet potatoes over candied yams.
- Flavor mashed potatoes with skim milk, chicken broth, and a small amount of parmesan cheese instead of butter and whole milk.
- Omit or decrease butter or margarine content from the stuffing recipes.

Cooking Turkey

- Cook the stuffing separate.
- Use a food thermometer to make sure every part of the turkey reaches a minimum internal temperature of 165°F.
- Let the turkey stand 20 minutes before carving to allow the juices to set.
- The stuffing should also reach a minimum temperature of 165°F.

Meat Type	Calories	Total Fat	Protein
Breast with skin	194	8 grams	29 grams
Breast w/o skin	161	4 grams	30 grams
Wing w/skin	238	13 grams	27 grams
Leg w/skin	213	11 grams	28 grams
Dark meat w/skin	232	13 grams	27 grams
Dark meat w/o skin	192	8 grams	28 grams
Skin only	482	44 grams	19 grams

Serving Size: 100 grams, approximately 3 1/2 ounces, of sliced meat from a whole roasted turkey (size of a deck of cards).

Source: USDA Nutrient Data Laboratory

Storing Leftovers

- Store leftover food within two hours after serving, including pumpkin pie.
- Use several shallow storage containers to store leftover food.
- Store leftovers in the refrigerator if eating them within 3 days.
- Keep leftovers in the freezer for longer storage time.

Sources:

www.todaysdietitian.com

www.eatright.org

<https://ndb.nal.usda.gov/ndb/>