



Holiday Eating Tips

The holiday season is a joyous time but with all the sweets and treats at hand healthy eating can be a challenge. Here are a few tips to get you and your family through holidays the healthy way.



1. Plan ahead. The holiday season is a busy time. Have healthy meals and snacks prepared and ready to grab.
2. Limit portion sizes. Do sample the holiday meals and trimmings but do so in small portions. Use a small plate.
3. Bring a low fat low calorie dish to a party.
4. Have a snack before going shopping or to a party. This way it will be easier to control portion sizes.



5. Include daily physical activity as part of holiday gatherings. Such as skiing, skating, football, sledding or caroling.
6. Drink your water. Often more soda is consumed during the

holiday season providing no nutrients and many calories.



7. Remember to leave room for the fruits and vegetables on the plate. These are typically the lower calorie choices and most nutritious.
8. Park your car farther away when shopping. Every extra step counts.



9. Remember to drink your low fat milk.
10. Try low fat recipes.
11. Remember the emphasis of the holidays is friends and family not the food itself.
12. Don't be the first in the food line.

13. Don't stand near the food, it's too tempting.
14. Remember to wear your pedometers. Keep Counting!





Food Preparation Tips



1. Use sugar free pudding/jello in place of regular.
2. Decrease sugar and fat in cookie recipes. They will turn out fine.



3. Use fat free cream cheese in place of regular cream cheese.
4. Make dips with thinned cottage cheese, low fat yogurt, or fat free sour cream.
5. Prepare high calorie foods last so you can't nibble on them
6. Use fresh sweet potatoes and leave off the marshmallows.
7. Try fresh fruit as a dessert.
8. Keep it simple.
9. Use skim milk or 1% milk instead of whole milk.
10. Use evaporated milk instead of heavy cream.
11. Use low fat yogurt or fat free sour cream instead of sour cream.
12. Use applesauce instead of oil in baking recipes.
13. Use 2 egg whites instead of 1 whole egg.

