



Healthy Holidays

Food is a major part of the festivities during the holiday season. The temptations of sweets and high-fat foods are sometimes too much for someone who is trying to eat healthy to resist.

Steps to a Healthier Holiday

1. To avoid overeating, don't go to holiday meals or parties after not eating all day. Eat breakfast or have a light snack before you go.
2. Reduce your portion size. Take small amounts of your favorite holiday foods.
3. Listen to your stomach and stop eating when you are full.
4. Be physically active. It is a great way to burn off some of those extra calories, as well as relieve stress.
5. Move away from the food table. This reduces the urge to overeat and allows one to focus on spending time with family and friends.
6. Modify traditional holiday foods and recipes to reduce fat, sugar and sodium.
 - Baked Turkey - choose a plain bird over one that is self-basting to lower sodium. Remove skin before serving to lower the fat.
 - Gravy - skim the fat off of the meat juices to remove excess fat.
 - Stuffing - instead of using butter or margarine to add moisture, use fat-free, low sodium chicken broth.
 - Sweet potatoes/yams - Sweeten with apple or orange juice and add ground cinnamon for flavoring instead of adding butter and marshmallows.
 - Mashed potatoes - use skim milk, garlic powder and a little Parmesan cheese instead of whole milk and butter. Or use low-calorie margarine instead of butter.

Not letting yourself have special foods during the holiday season is almost certain to lead to overeating and guilt. Enjoy the holiday season and the special holiday foods that you like by planning ahead and watching portion sizes.

Know how. Know **now**.

Since it's unsafe to make eggnog with raw eggs, this easy recipe is especially useful!
(It is important that you never eat raw eggs. Raw eggs may contain bacteria called salmonella that can make you sick.)

Quick and Easy Eggnog

Makes 8 servings

4 cups milk
1 package vanilla instant pudding (4-serving size)
1 tablespoon vanilla flavoring
1/2 teaspoon rum flavoring
1/2 teaspoon ground cinnamon
1/4 teaspoon ground nutmeg

Mix all ingredients and serve.

Nutrition Information per Serving (1/2 cup): 110 calories, 1.5 g fat, 1 g saturated fat, 5 mg cholesterol, 270 mg sodium, 21 g carbohydrates, 0 g fiber, 13 g sugar, 5 g protein, vitamin A 6%, vitamin C 0%, calcium 15%, iron 4%