



Healthy Holiday Cooking

Presented By:

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FACT: The average American
gains
5 lbs between Thanksgiving
and New Years.



Reasons for Holiday Weight Gain

- Over indulging in high fat/calorie treats such as egg nog, and baked goods.
- Having an “all or nothing” attitude about food and exercise.
- Not dealing well with stress.
- Ditching exercise routines.
- Consuming too much alcohol.
- Not getting enough rest.



Simple Rules for Staying on Track

- Switch your goal from weight loss to weight maintenance.
- Make healthful food and recipe substitutions.
- Have a “game plan” for holiday parties.
- Modify your exercise routine.
- Create new, non food holiday traditions.
- Get enough sleep and manage your stress.

Shift Your Attitude

- Change your “all or nothing” attitude.
 - Many believe you can only reach fitness or weight management goals with vigorous, exercise sessions or starvation diets. Simply not true!
 - Control portions and prepare your favorite holiday treats in a more healthful way.





Make MAINTENANCE your Goal

- Be more physically active each day.
Track your progress with a Fitness Log or Pedometer.
- Make a special effort to get at least 3 workouts in each week.
- Be open to varying your routine.
- Try an exercise video at home.
- **Join a group, start training for a spring event.**



Watch Your Portion Sizes

FOOD

3 ounces of meat, poultry or fish

- 1 cup of fruit or dairy
- 1 medium potato
- 1 ounce cheese
- 1 teaspoon fat

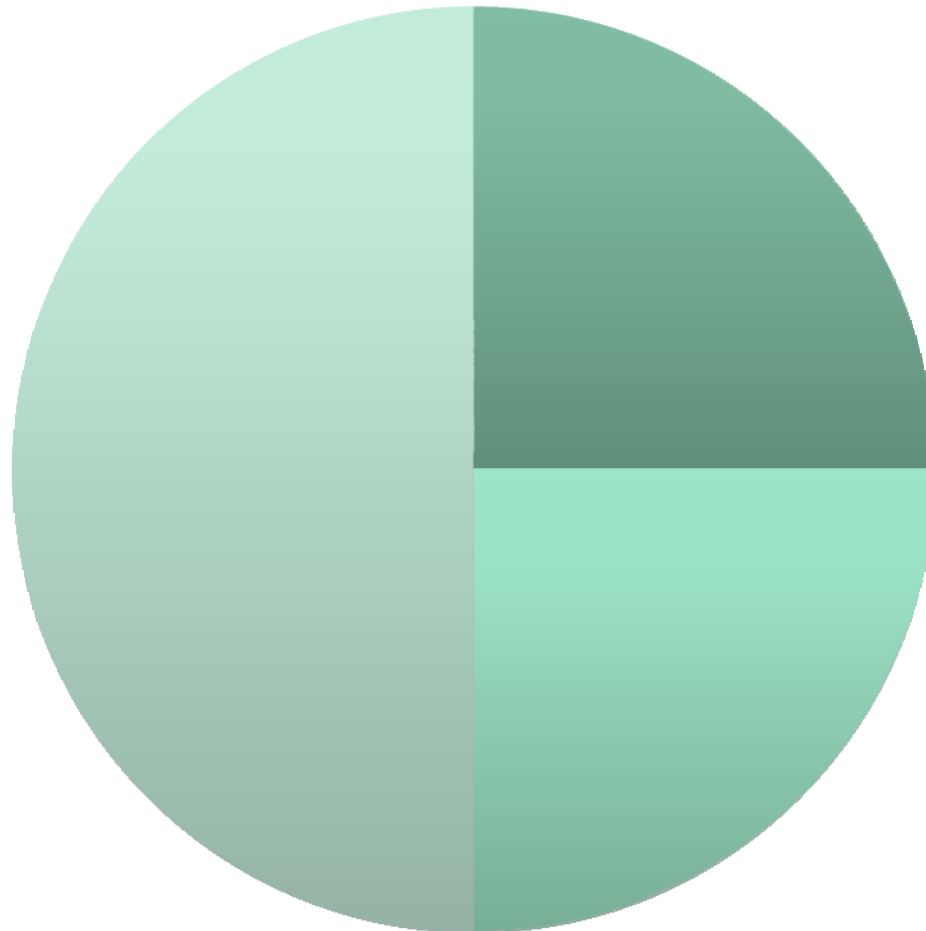
PORTION

- deck of cards
- fist or baseball
- computer mouse
- 4 dice
- tip of your thumb



Your Holiday Plate

Your Plate



- Lean Proteins
- Whole Grains
- Fruits and Vegetables

Use Healthful Holiday Foods

- Pumpkin
- Figs
- Cranberries
- Skinless turkey breast
- Sweet potatoes
- Yams
- Brussel sprouts





Make Food Swaps

INSTEAD of

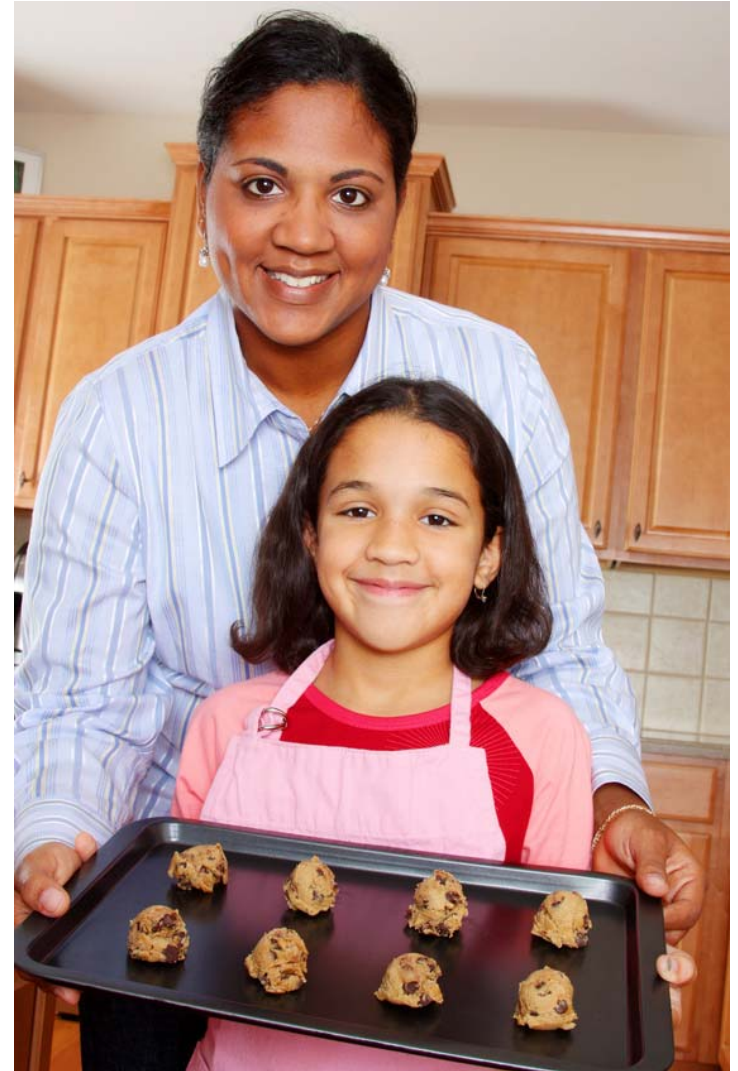
- White bread with spinach and artichoke dip
- Salami and cheese
- Turkey with gravy
- Mashed potatoes
- Pecan pie à la mode

TRY

- Raw veggies with salsa
- Shrimp cocktail
- Turkey with cranberry sauce
- Baked sweet potatoes
- Chocolate covered strawberries

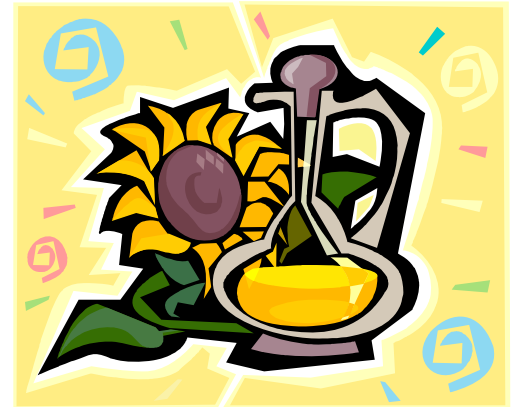
Modify Your Favorite Recipes

- **Lighten up holiday baking**
- **Reduce sugar by $\frac{1}{4}$ to $\frac{1}{2}$ in recipes**
- **Add dried fruit such as raisins, dates, craisins, and apricots for natural sweetness**



Modify Your Favorite Recipes

- Healthier fats in smaller amounts
- Use mashed bananas, apple or pear sauce, or prune puree instead of oil/butter
- Replace cream with fat free half and half
- 2 egg whites for each whole egg or use egg substitute



Modify Your Favorite Recipes

- Add whole grains to recipes for a more nutritious baked item
- Replace $\frac{1}{2}$ of all purpose flour with whole wheat pastry flour
- Or, try substituting flour with $\frac{1}{4}$ cup of barley, oats, brown rice flour, wheat germ or flax seeds





Lighter in Calories, NOT Flavor

Traditional Mashed Potatoes

Ingredients

- 5 pounds peeled Yukon Gold potatoes
- 1 1/2 sticks softened butter, plus more for baking
- 1 1/2 (8-ounce) packages cream cheese, softened
- 1/2 cup half-and-half
- 1/2 cup cream
- Salt and pepper
- Milk for thinning

Garlic mashed Potatoes

Ingredients

- 5 whole garlic head
- 2 tablespoons olive oil
- 5 pounds peeled Yukon Gold potatoes
- 2 cups 1% low-fat milk
- Salt and freshly ground black pepper



Spice Up Your Holiday Dishes

- **Sage-** add to pot of boiling potatoes, turnips, or squash. Sage helps boost memory and soothes sore throats and upset stomachs.
- **Rosemary-** use to skewer salmon, on baked chicken, or in marinades. Helps fight foodborne bacteria and enhances mental focus.
- **Ginger-** use in salads, rice and grain dishes, and marinades. Reduces nausea and joint pain.
- **Chile Pepper-** works well with beef, beans, soups and even potatoes. Boosts metabolism.



Smashed Spiced Sweet Potatoes

- 4 pounds sweet potatoes, (4-5 large)
- 2 tablespoons butter
- 2 tablespoons pure maple syrup
- 1 tablespoon chili powder
- 2 teaspoons cumin powder
- 1 teaspoon ground ginger
- 1 teaspoon salt
- 1/2 teaspoon freshly ground pepper



Healthier Gravy

- 1 can reduced fat cream of celery soup
- 1/4 cup evaporated milk
- 1/2 tsp. poultry seasoning
- Dash of pepper
- Heat and serve

- **SAVES 5-6 grams of fat per serving!**



Healthy Cooking Staples

- Herbs and spices
- Cooking spray
- Low sodium chicken broth or stock
- Dried fruit pieces and nuts
- Assortment of fresh vegetables
- Canned beans
- Egg whites
- Applesauce or other fruit puree
- Canola or vegetable oil.



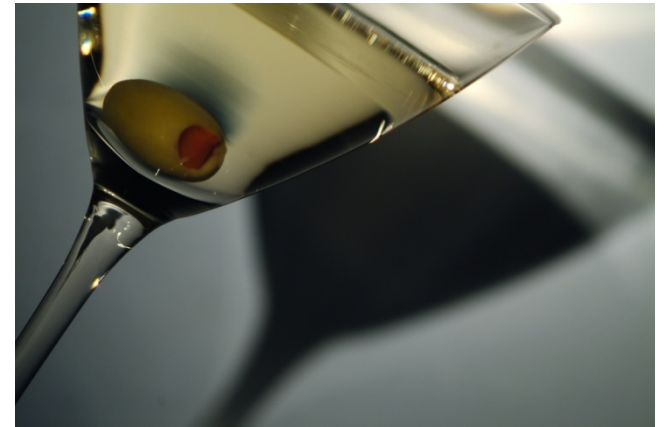
Do Not Drink Your Calories

- The average person consumes 450 liquid calories a day!
- Many holiday favorites are high in calories:
 - Egg nog
 - Hot chocolate
 - Special holiday coffee house drinks (White chocolate mocha has 660!)
 - Alcohol



Beware of Alcohol

- Alcohol has 7 calories per gram.
- Contains “empty” calories.
- **For example:**
Gin and tonic (8 ounces)
240 calories
22 g sugars- same as 2 glazed doughnuts!





Have a Game Plan

- Offer to bring a healthy dish to your next party.
- Have a healthy snack before heading to a party or restaurant.
- Drink a full glass of water before eating.
- When eating out, ask how your food will be prepared. Ask for what you want!
- Think of non food related ways to enjoy family and friends.



Stay Well

