



# Healthy Holiday Eating in 10 Simple Steps



1. **Drink only ZERO calorie drinks.** Holiday favorites like egg nog, cider, pumpkin spice latte, and hot cocoa can add hundreds of calories to an already calorie laden season.
2. **Avoid sauces and gravies made with real CREAM.** Roast or grill vegetables and season with fresh herbs or slivered nuts. Forgo the creamed corn, green bean casserole, creamed spinach, whipped cream and high fat gravy. If you must have a sauce, use one of the many low fat/non fat versions.
3. **Butter foods LIGHTLY** or leave out altogether. Many holiday recipes call for entire sticks of butter; mashed potatoes, biscuits, basted turkeys and sweet potato casseroles. Use low fat buttermilk or chicken broth instead.
4. **Ditch the CRUST** in desserts. Many of the highest calorie desserts are surrounded by high calorie crusts; pumpkin pie, apple pie, cobblers, tarts and cheese cakes. If you focus on desserts that don't have crusts, you are more likely to eat something lower in calories, such as a fresh fruit, baked apples, cherry crisp, Jell-O salad, or angle food cake .
5. **Just use ONE plate.** Many holiday foods are very healthy. It is the large quantities of them that make them unwise. Taste everything, but keep all that you eat limited to one plate, filled ONE time.
6. **Reduce fat in holiday recipes.** Pureed fruit (applesauce, pureed prunes) can replace the oil in many cake and bread recipes. Use fat free sour cream, yogurt and cream cheese in place of the "real thing".
7. **Don't sample while you bake.** Keep raw veggies available while baking holiday treats to prevent eating ½ the batch yourself. If that doesn't work, try brushing your teeth, right before you start. Consider giving gifts other than food.
8. **Stay committed to health throughout the season.** Two to three days of excessive eating isn't the worst part of an unhealthy holiday. Many people give up eating healthy every day from Thanksgiving to New Year's. They anticipate starting a "diet" on Jan. 2<sup>nd</sup>, which somehow justifies gaining an additional five pounds in the weeks before. Keep excessive eating limited to a few days, not the whole season.
9. **Take your own healthy recipe to the party.** This gives you something to eat while you are there, plus it provides others with option of making better choices. Search the internet for numerous healthy recipes.
10. **Exercise daily.** Even if you do overeat during this holiday season, limit the consequences by committing yourself to continuing daily physical activity. You may not burn off all of the extra calories consumed, but you will keep extra pounds to a minimum.