



Holiday Dining Do's & Don'ts

December 2009

Making Sure The Only Thing Stuffed Is The Turkey!

How do you maintain your healthy eating habits during a family feast? The following tips can help you make healthy food choices during the holidays.

Think about people, not food

- * Focus on socializing and having fun conversing with relatives.

Don't arrive on an empty stomach

- * Skipping breakfast or lunch may cause you to overeat and consume more calories than you normally would have.

Offer to bring a healthy dish

- * Not only does this provide you with a good menu option but your host will appreciate it too!

Select small portions

- * Moderation is the key. This allows you to taste all of the options and still control your calories.

Eat slowly

- * Take your time and enjoy the taste of your meal. This will give your body time to relay the message that you are full from your stomach to your brain.

Avoid excess alcohol and snacks

- * Save your calories for the main meal. Alcohol packs a lot of calories with no nutrients. Also try not to sit too close to tempting snacks.



Leave the table when you are full

- * If you linger at the table you may be tempted to continue eating even though you may no longer be hungry.

From your school cafeteria and the Clinton County Health Department Nutrition Services

Holiday Food Choices:

Choose More Often:

- * Turkey Breast
- * Chicken Breast
- * Plain Potatoes
- * Tossed Salad
- * Steamed Vegetables
- * Fresh Fruit
- * Plain Rice

Choose Less Often:

- * Beef Prime Rib
- * Pie
- * Cake
- * Stuffing
- * High-Calorie Alcohol
- * Gravy
- * Bread Pudding
- * Candy
- * Eggnog
- * Sugar-Sweetened Beverages

Modifying Holiday Recipes

- * **Fruit Puree:** Substitute an equal amount of fruit puree (e.g. apple-sauce) for oil in cakes, brownies, breads or muffins.

- * **Egg Whites or Egg Substitutes:** Replace some of the whole eggs in a recipe with egg whites or a commercial egg substitute. 1 egg = 2 egg whites or 1/4 cup of egg substitute

- * **Cocoa Powder:** Use 2 Tbsp. cocoa powder plus 1 Tbsp. regular or diet margarine in place of every 1 oz. of unsweetened baking chocolate

- * **Light or Diet Margarines:** Be careful when using light or diet margarines to replace regular margarines and butters because they have a higher water content and may change the texture of the item. You may want to experiment and test it first.

- * **Fat-free Milk, Yogurt, Sour Cream or Cream Cheese:** Use these in place of whole-fat products



Holiday Cookie Calories

Sugar—100 calories

Chocolate Chip—110 calories

Gingerbread Man—115 calories

Peanut Butter Kiss—125 calories

M&M—200 calories