



Healthy Eating for the Holidays

How do you maintain your healthy eating habits during a family feast? How can you make sure that the turkey is the only one stuffed during the holiday season? These guidelines can help you make healthy food choices and limit tempting, high-calorie foods during the holidays and other special occasions.

Think About People, Not Food!

Concentrate on socializing, making new acquaintances, and having fun. Spend time conversing with relatives or reminiscing with old friends. Think about what you are celebrating, not just about how great the food is!

Plan Before You Eat

When you arrive at celebrations, check out all the food options and develop a plan which will enable you to sample foods you enjoy without abandoning the good habits you've formed. Remember, it is OK to have some holiday treats, just spend your calories wisely and then enjoy the foods you choose!

Holiday Food Choices

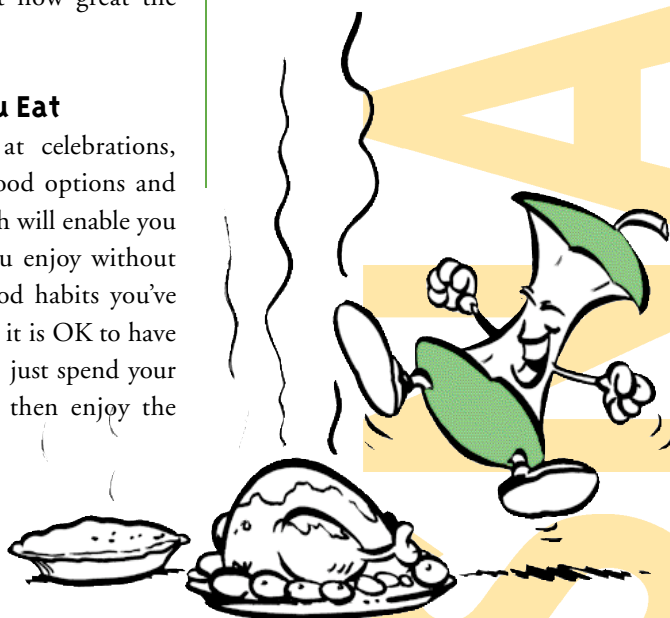
Choose More Often:

- Turkey breast
- Chicken breast
- Mineral water
- Plain potatoes
- Tossed salad
- Steamed vegetables
- Fresh fruit
- Plain rice

Choose Less Often:

- Beef prime rib
- Pie
- Cake
- Stuffing
- Sugar-sweetened beverages
- High-calorie alcoholic beverages
- Gravy
- Bread pudding
- Candy
- Eggnog

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Tips for Avoiding Holiday Over-Indulgence

1. **Don't arrive on an empty stomach!**

Although you may be tempted to skip lunch so you can splurge on dessert, don't! Have a bowl of cereal, vegetable sticks, fresh fruit, a salad, a handful of nuts, or a small sandwich before you arrive.

Skipping breakfast or lunch may cause you to overeat and consume more calories than you would if you had eaten something beforehand.

2. **Offer to bring a healthy dish.**

This strategy not only provides you with a good menu option, but your host will greatly appreciate the help.

3. **Avoid excess alcohol and snacks.**

Save your calories for the main meal. Alcohol provides many calories and virtually no nutrients. Also, try not to sit within arm's reach of tempting snack foods.

4. **Select small portions.**

Moderation is the key. Selecting small portions allows you to control your calorie intake yet enjoy all the

different items offered. If you really crave a high-calorie item, go ahead and treat yourself to a small serving.

5. **Eat slowly.**

Take time and enjoy the taste of your meal. Pace yourself and try to be the last person to finish each course. Take small bites, and chew slowly. It usually takes about 20 minutes for your brain to get the message from your stomach that you are full. By eating slowly, you might be less likely to raid the dessert table.

6. **Leave the table when you are done!**

If you linger at the table, you may be tempted to continue eating even if you are not hungry. Stay long enough to enjoy the meal, but leave the table while you are still ahead of the calorie game. Offer to help with dishes, clear the table, or take a walk.

For a wide variety of healthy holiday eating and gift-giving ideas please visit www.snac.ucla.edu.

Happy holidays to you from SNAC!



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TREAT YOURSELF TO HEALTHY HOLIDAY OPTIONS

Holidays are a time to enjoy being with friends and family and feasting on traditional meals. The temptation to over indulge yourself may be high, but with a little planning, your nutritional regimen need not be compromised. For example, wise food selections can make a difference in the total number of calories consumed. Compare the following options and keep these choices in mind when selecting your holiday meal.

	Calories		Calories
Turkey, light meat without skin (3.5 oz.)	157	Turkey, dark meat with skin (3.5 oz.)	221
Ham, smoked (3.5 oz.)	175	Duck, with skin (3.5 oz.)	337
Rice, plain (1 cup)	120	Stuffing, plain (1 cup)	296
Potato, baked (1 small) with 1 teaspoon margarine	130	Potatoes, mashed (1 cup) with gravy (1/3 cup)	217
Carrots, cooked (1cup)	45	Yams, candied (3.5 oz.)	168
French Bread (1 slice)	80	Cornbread (1 piece)	200
Total	707		1439

Modifying Holiday Recipes

There are many ways that you can modify your favorite holiday desserts to reduce the fat and calories but still keep the flavor and texture. Try these ideas:

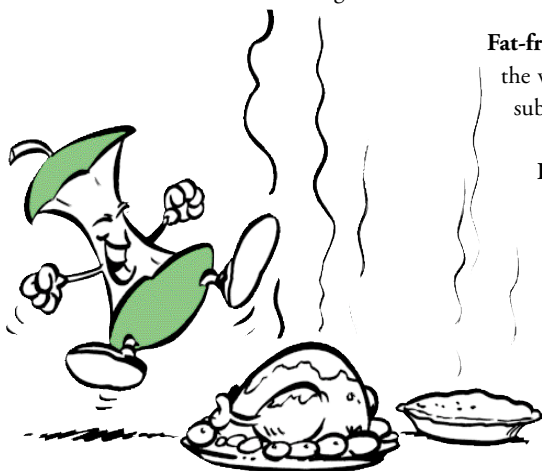
Fruit puree. Substitute an equal amount of fruit puree (e.g., applesauce) for oil in cake, brownie, bread, or muffin mixes. The fruit adds flavor, moisture, and tenderness to baked goods when the oil is omitted.

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.

Fat-free milk, yogurt, sour cream, or cream cheese. Use these in place of the whole-fat products. A dollop of vanilla fat-free yogurt makes a nice substitute for whipped cream on some desserts.

Light or diet margarines. Be careful when using light or diet margarines to replace regular margarine or butter. These substitutes have a higher water content and can change the texture of your baked goods. Experiment--you may need to reduce some of the liquid in your recipe when you use light or diet margarine.



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GIFT-GIVING IDEAS

The holiday season is also a time to think of your friends and family. Consider including nutrition and fitness-themed gifts to help others focus on healthy lifestyles and enjoyable activities. The following is a sample of the possibilities.

Some Friendly Freebies

- A gift of time and attention
- Take a friend out for a jog, a swim, a tennis game, or an aerobics class
- Offer to do your roommate's errands for a week

Fun and Fitness

- Running shorts
- Sports socks
- A sweatshirt
- Tennis balls
- Racquet balls
- A scarf for skiing
- Exercise shoes
- Membership to a health club
- An exercise video tape
- Goggles
- A towel
- A swimsuit
- A kickboard
- An equipment bag

Holiday Foods

- Herbal teas
- Gourmet fruit spread
- A basket of fresh fruit
- Dried fruit plates
- Decaffeinated coffees
- A fruit tree
- Fresh herbs
- Favorite healthy recipes
- Mulled spices
- Zucchini bread
- Carrot bread
- Cranberry bread
- Smoked fish
- Bran muffins
- Popcorn
- Hot cider with cinnamon sticks

Other Interesting Options

- A healthy cookbook
- A subscription to a health and fitness magazine
- A wok
- A steamer
- A spider plant to help fight indoor air pollution
- A favorite tape or compact disc
- Personalized gift certificates/IOUs you make yourself
- A murder mystery game to be played at a group dinner
- Monogrammed items (sweats, towels, etc.)
- A pasta machine
- A bread maker