

Healthy Eating for the Holidays

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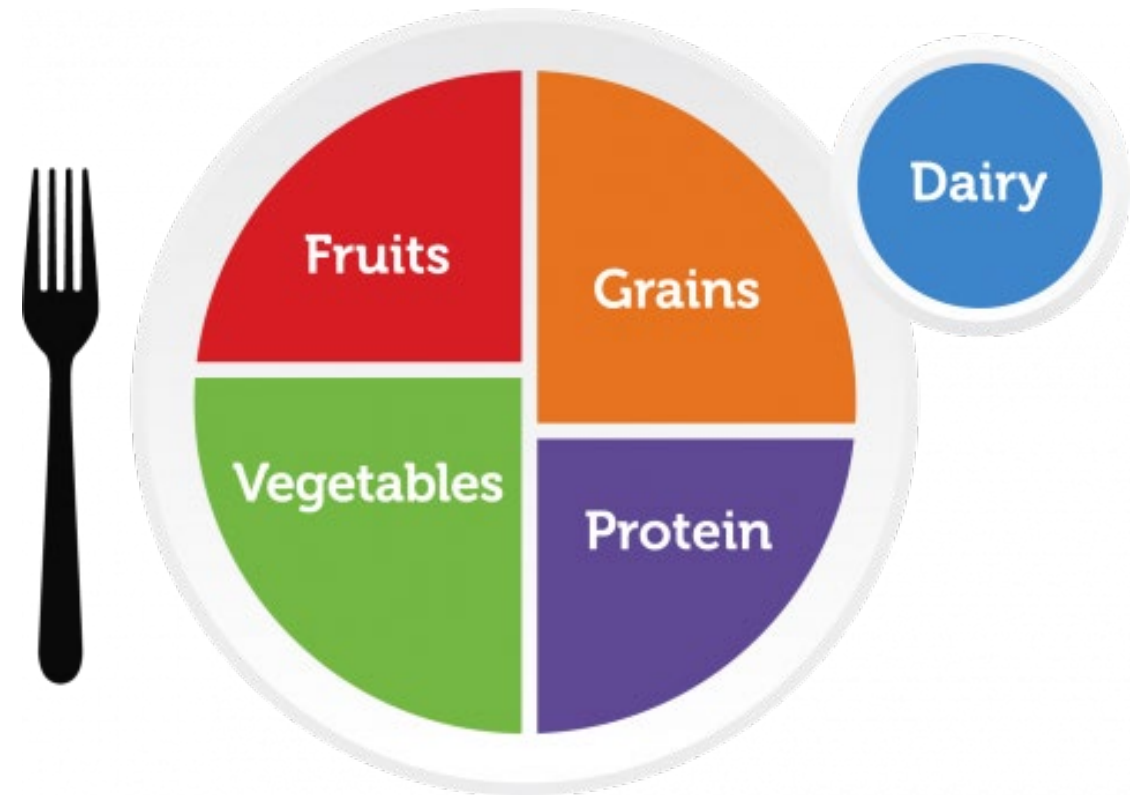
Outline

- Serving Sizes
- Hidden Calories
- Exercise
- Holiday Meal Comparison
- Substitutions
- Snacks
- Tips and Tricks



MyPlate

- We tend to eat a lot during the holidays because of all the parties and events. Because many people overeat, it is important to make sure we are eating the proper serving sizes as well as making sure our meals are balanced with all the food groups.
- MyPlate can help you keep track of your meals during the holidays to make sure you are eating the recommended servings sizes of each food group.
- MyPlate was created by the USDA and is a general guide to how your plate should look for each meal. The plate includes the 5 food groups: fruits, vegetables, grains, protein, and dairy.



- **Make half your plate fruits and vegetables.**
- **Vary your fruits and vegetables (color, taste, texture).**
- **Make half your grains whole grains. Whole grains are high in fiber and have lots of great vitamins and minerals (iron, folate, b vitamins). Whole grains help keep you fuller longer.**
- **Vary your protein intake (meat, seafood, legumes, nuts/seeds).**
- **Try to use fat-free or low-fat dairy products.**
- **Limit your added sugar, sodium, and saturated fat intake.**

Image source: myplate.gov

Serving Sizes

- Portioning the proper serving sizes during the holidays can help prevent overeating.
- According to MyPlate, these are the recommended daily serving amounts for each food group.
- These recommendations are for a general 2,000-calorie diet. The number of calories you need varies based on many factors (age, gender, weight, height, etc.). You can talk to a registered dietitian or your doctor for a more specific recommendation.

2,000-Calorie Diet

Fruits = 2 cups

- 1 cup fresh, frozen, or canned fruit
- ½ cup dried fruit
- 1 cup 100% fruit juice

Vegetables = 2.5 cups

- 1 cup fresh, frozen, or canned vegetables
- 2 cups leafy greens
- 1 cup 100% vegetable juice

Protein = 5.5 oz

- 1 oz lean meat, poultry, seafood
- 1 tbsp peanut butter
- ¾ cup cooked legumes
- 1 egg

Grains = 6 oz

- 1 slice bread
- ½ cup cooked rice or pasta

Dairy = 3 cups

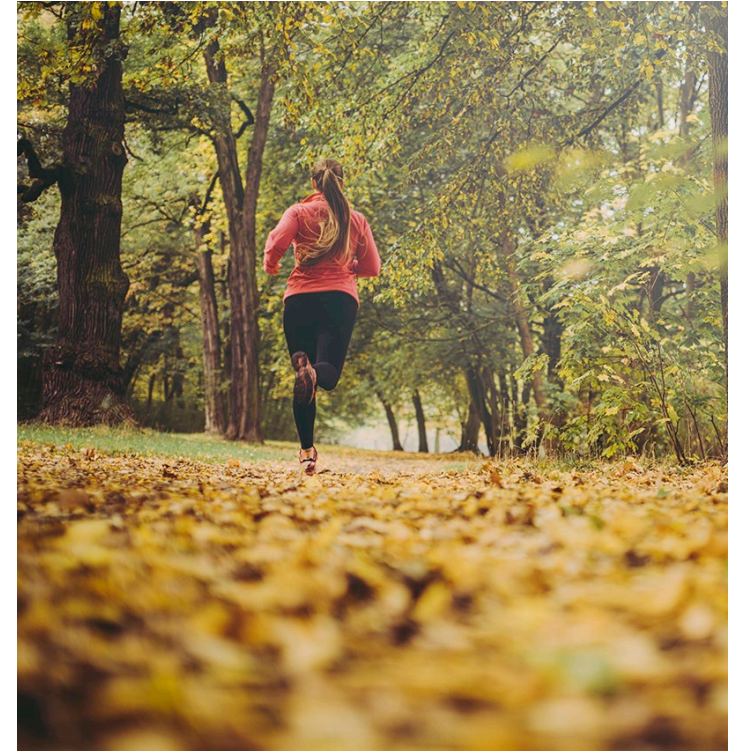
- 1 cup milk or yogurt
- 1.5 oz of hard cheese

Hidden Calories

- Many foods and beverages contain more calories than you think.
- Even foods you might consider “healthy” could have hidden calories from all the ingredients or portion sizes.
- Watch out for drinks during the holiday season, as they are typically high in fat and sugar; take these 16oz holiday favorites on the menu at Starbucks:
 - Eggnog (448 calories, 21g fat, 41g sugar)
 - Hot Chocolate (370 calories, 16g fat, 37g sugar)
 - Pumpkin Spice Latte (390 calories, 14g fat, 50g sugar)
 - Pumpkin Cream Cold Brew (250 calories, 12g fat, 31g sugar)
- Other seemingly “healthy” foods that may contain hidden calories include:
 - Salads – Look out for salads with full-fat dressings or toppings such as croutons or bacon bits.
 - Muffins or bagels – Pay attention to the size of these, as the bigger they are, the more calories they contain.
 - Look at the serving sizes on the food label – Even small packages may be for 2 servings instead of just 1.

Exercise

- It is recommended to exercise for at least 150 minutes at moderate intensity or 75 minutes at vigorous intensity each week.
- Strength training should also be incorporated twice per week.
- Examples of moderate intensity exercise include brisk walking, water aerobics, dancing, tennis, and biking.
- Examples of vigorous intensity exercise include hiking uphill, running, swimming laps, jumping rope.
- Exercise tips during the holiday season:
 - When shopping, park farther away from the store entrance to get some extra steps.
 - Walk some laps around the mall between shopping.
 - Ask your family or friends to go on a walk after eating a meal.



Holiday Meal Comparison

Standard

- Baked ham (3 oz)
- Green bean casserole (1 cup)
- Mashed potatoes with butter (1/2 cup)
- Corn casserole (1/2 cup)
- Jell-O fruit salad (1 cup)
- Dinner roll (1)

Healthier

- Roasted turkey (3 oz)
- Oven-roasted green beans (1 cup)
- Roasted sweet potatoes (1/2 cup)
- Brown rice pilaf (1/2 cup)
- Fresh fruit salad (1 cup)
- Whole wheat roll (1)

Holiday Meal Comparison – Nutrient Analysis

Standard

- Calories: 1,053
- Carbohydrates: 122 g
- Protein: 36 g
- Fat: 49 g
- Sodium: 2,695 mg
- Fiber: 8 g
- Cholesterol: 148 mg

Healthier

- Calories: 543
- Carbohydrates: 91 g
- Protein: 25 g
- Fat: 11 g
- Sodium: 1,295 mg
- Fiber: 15 g
- Cholesterol: 24 mg

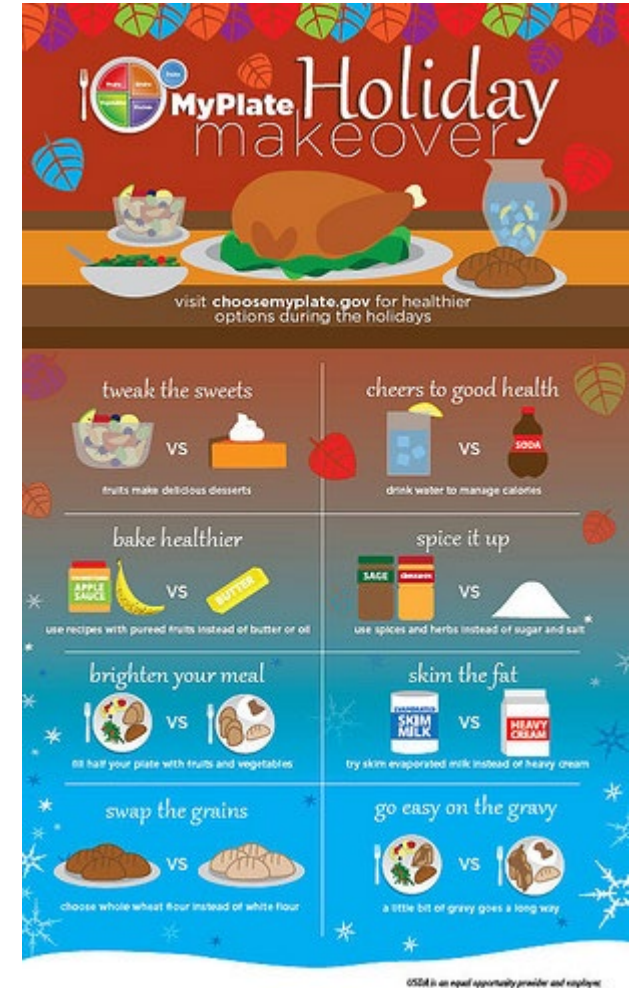
Holiday Meal Comparison

- **Main course** – Baked ham is high in sodium and saturated fat, so you could opt for a leaner meat such as roasted turkey and reduce that sodium content. Avoid brining the turkey or adding a lot of salt as seasoning.
- **Green beans** – Green bean casserole is high in calories and fat. Oven roasted green beans are a great alternative that allow you to get the nutrients from green beans without sacrificing flavor.
- **Potatoes** – While mashed potatoes on their own may not be super unhealthy, ingredients such as butter and cream are typically added and increase the fat content. Try roasting sweet potatoes instead to limit added fat and incorporate other nutrients in your diet. Sweet potatoes are a great source of vitamin A, which is great for your eye health and immune system!
- **Starch** – Similar to the mashed potatoes, corn casserole is typically high in fat from added butter and cream. You can opt for a brown rice pilaf to replace that starch while also increasing your whole grains. Remember: we want to try to make half our grains whole grains, which will help increase fiber content.
- **Fruit** – Jell-O fruit salad is high in sugar, so try eating a fresh fruit salad or even a whole piece of fruit to have something sweet while also getting the benefits from fresh fruit (fiber, vitamin C, etc.).
- **Bread** – We want to try to eat whole grains, so substituting a whole wheat roll for a regular dinner roll is a better choice.

Substitutions

- Food is a huge focus during the holidays, but you can make some substitutions to make your meals healthier!
- When making stuffing, use whole-grain bread and add extra vegetables.
- Add Greek yogurt to your mashed potatoes instead of butter and cream.
- Substitute 2 egg whites for 1 egg to help reduce cholesterol.
- Use reduced fat dairy products in casseroles.

Image source: myplate.gov



Substitutions in Baking

Fat

- $\frac{1}{2}$ cup applesauce + $\frac{1}{2}$ cup fat = 1 cup butter or oil
- 1 cup pureed avocado = 1 cup butter
- 2-3 tbsp chia seeds + 1 cup water = 1 cup butter
- $\frac{3}{4}$ cup prunes + $\frac{1}{4}$ boiling water (blended) = 1 cup butter
- 3 tbsp flax meal + 1 tbsp water = 1 tbsp butter
- 1 cup mashed banana = 1 cup butter or oil

Sugar

- 1 cup applesauce = 1 cup sugar*
- 2 tbsp stevia powder = 1 cup sugar

**For every cup of applesauce used, reduce liquids in recipe by $\frac{1}{4}$ cup*

Holiday Drink Substitutions

- These simple substitutions can reduce fat, added sugar content, and calories in some common holiday drinks.
 - If you are adding alcohol to any of these drinks, try to alternate between an alcoholic drink and a non-alcoholic one to reduce calories and added sugars.
- Eggnog – Skim milk instead of cream
- Hot chocolate – Skim milk instead of whole milk
- Hot toddy – Sweeten with stevia instead of sugar
- Pumpkin spice latte – Skim milk instead of whole milk; sweeten with stevia instead of sugar



Holiday Snack Swaps – **Puppy Chow**

- Use wheat Chex instead of rice Chex to add more whole grain.
- Use natural peanut butter instead of regular peanut butter to reduce added sugars.
- Use dark chocolate instead of milk chocolate to reduce sugar content and add antioxidants!



Holiday Snack Swaps – Pumpkin Pie Dip

- Instead of cream cheese, use Greek yogurt for added protein.
- Try dipping with fruits, such as apples or bananas, instead of graham crackers to reduce added sugars and add fiber.



Holiday Snack Swaps – Cheese Ball

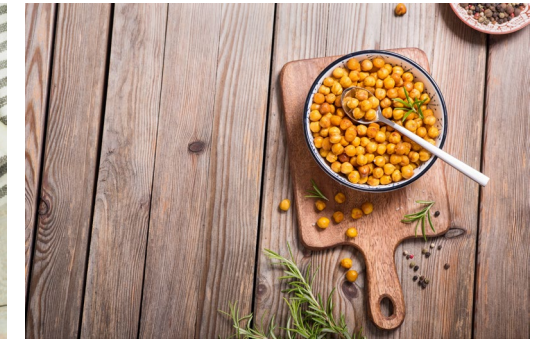
- To reduce fat content, use light cream cheese instead of regular.
- Use low-sodium seasonings to reduce added salt.
- Try adding chopped vegetables such as bell peppers or celery.
- Dip with whole wheat crackers to incorporate a whole grain.



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Other Healthy Snack Ideas

- Cinnamon apple chips
- Roasted chickpeas
- Mixed nut trail mix
- Greek yogurt ranch dip with veggies
- Chia seed pudding
- Fall harvest granola bars
- Pumpkin hummus
- Peanut butter and banana



Tips and Tricks

- Offer to bring a healthy dish to the potluck.
- Don't skip meals ahead of time! Doing so makes it more likely you'll overeat later.
- Eat a nutritious snack (e.g., whole fruit, vegetables, nuts, cheese) before going to the party to curb your appetite.
- Use a small plate and fill it with things you like best first.
- Practice mindful eating. Take your time while eating and focus on the taste of the food; this can help curb overeating and allow you to enjoy your food more.
- Avoid eating next to the food table; you may be more likely to reach over and grab more.
- Look at all the options available before you make your plate; this can help you decide and focus on the foods you want to eat.
- Alternate alcoholic drinks with non-alcoholic ones (e.g., sparkling water, unsweetened tea, fruit-infused water) to reduce added sugars and calories.

Total health



Emotional



Financial



Physical



Purpose



Social

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