

# Healthy Holiday Eating



## Eating healthy doesn't mean you'll have to miss out on holiday fun

Good food and the holiday season just seem to go together. Enjoying delicious meals with family and friends can cause even the most health-conscious people to forget smart eating habits. Careful planning and eating in moderation can help you enjoy your favorite dishes.

Foods high in fats and sugar can slow you down and cause you to gain unwanted pounds. Vegetables, fruits and whole grains can give you much-needed energy to juggle all the activities of the season. Keep these other tips in mind when planning your holiday meals:

- Stock up on satisfying, healthy snacks for yourself and visitors. Try raw broccoli, peppers, cucumbers, celery and carrots. Serve hummus and pita bread. Or, set out a plate of low-fat cheeses and whole wheat crackers.
- Make healthier substitutions for some ingredients in your favorite dishes. Use fat-free sour cream or low-fat yogurt for dips. Try evaporated skim milk in sauces and soups. Have spices and herbs instead of salt. Replace white flour with whole wheat flour.
- Bake stuffing outside the turkey to cut down on fat and calories and help avoid bacteria. Use onions and celery in the stuffing instead of sausage. Try applesauce in place of butter or oils for added moisture.
- Cook with unsaturated fats such as light oils and soft margarine. Use vegetable cooking spray for stir-frying.

- Find a middle ground between keeping all the holiday goodies out of your diet and enjoying an unlimited amount. Save up your dessert calories for one favorite dish instead of filling up on unhealthy snacks throughout the day. And, don't forget to follow any eating guidelines for medical conditions you have, such as diabetes or high cholesterol.

## How you eat can be as important as what you eat


- Don't starve yourself before the big meal. This can lead to overeating. Have healthy holiday snacks, such as vegetables, pretzels and nuts.
- Eating slowly and enjoying your meal allows for easier digestion.
- Take a walk with family or friends after the meal. Don't head right for the sofa!

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