

Nutrition News

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A COMMUNITY NUTRITION PROGRAMS NEWSLETTER

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Eat Vegetales Move More Holiday Survival Plan

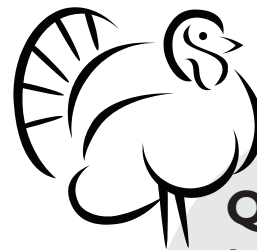
During the holiday season, you might worry about packing on extra pounds when enjoying some of your favorite holiday dishes. Well, do not fear! You can enjoy your holiday favorites by balancing calories with physical activity and making healthier choices. Although we tend to overeat during the holidays, it is easy to keep things under control using a plan. Enjoy your holidays without putting on a few extra pounds by following this holiday survival plan.

- Start your day with a small meal that includes whole grains, protein or fiber. This will help to curb your appetite.
- Do not starve yourself before the meal. This can cause you to eat larger portions during the meal.
- Choose foods carefully. Think about what you want to eat, then choose a balance between high-calorie favorites and low-calorie options.
- Fill your plate with vegetables and fruits.
- Limit the desserts. Pick your favorite and have only one serving.
- Remember to practice portion control. Try using smaller dishes.
- Go easy on the alcoholic drinks. Remember alcoholic beverages provide calories.
- Avoid other high-calorie drinks.
- Avoid overeating by engaging in social activities such as games or taking a walk.
- Lastly, enjoy the celebration.

The Tiny Bits Add Up.....

During your holiday gatherings, be mindful of snacking. Grabbing a handful of mixed nuts or popcorn can add up those calories quickly. This example shows how snacking can add up to more than 300 calories before you eat your actual holiday meal.

Mixed nuts 1oz (handful)	= 168 calories
Cheddar cheese 1oz (thumb)	= 114 calories
Round snack crackers 5 count	= 79 calories
Total	= 361 calories



Quick Fact: Let's Talk Turkey

Turkey breast is a lean protein that supplies amino acids that give structure to the body in skin, cell membranes and muscles.

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The Healthier Alternative

Have you ever wondered how to make your favorite holiday dish healthier? Believe it or not, you can make your favorite foods with less fat, sugar and calories. Here are some common recipe ingredients substitutions you can use in some of your holiday dishes.

Original Ingredient	Substitution	Suggestions
Bacon	Turkey bacon	N/A
Butter for browning	Nonstick cooking spray, chicken broth, wine, beef broth, spray margarine	N/A
Butter for Flavoring	Fat-free spray margarine	Use only for flavoring not for baking.
Liquid Oil for Baking	Applesauce or pureed fruits	Use the same amount of applesauce as fat or use 1/2 applesauce and 1/2 oil.
Cheese or Cream Cheese	Low-fat/reduced-fat cheese	Fat-free cheese often becomes very watery if used in a cooked recipe. Try combining reduced-fat and fat-free cheese for better results.
Heavy Cream	Flour and cornstarch whisked into fat-free milk	1 cup heavy cream = 1 tablespoon flour, 1 teaspoon cornstarch and 1 cup fat-free milk. *If whipped-cream thickness is desired, heavy cream must be used.
Sour Cream	<ul style="list-style-type: none"> • Low-fat or fat-free sour cream • Low-fat or fat-free yogurt • Mock sour cream 	1 cup mock sour cream = 1 cup of low-fat cottage cheese, plus 2 tablespoons skim milk and 1 tablespoon lemon juice to taste.
Creamed soups	Low-fat or fat-free cream soups	N/A
Eggs	Egg whites or egg substitute	Use 2 egg whites to replace 1 whole egg.
Mayonnaise	Low-fat or fat-free mayonnaise	Omit if possible

Sources:

www.eatrightamerica.com

www.eatright.org

www.nal.usda.gov/fnic/foodcomp/search/

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