



## Healthy Eating During the Holidays

The holidays are an unusually tempting time of the year because food and eating are the centerpieces of many holiday traditions and events. And, many traditional holiday foods are very rich, high-calorie delicacies that come in bountiful amounts at gatherings. That is why during the holidays, more than ever, it is especially important to think about and commit to healthy food choices and **sensible portion sizes** so that you do not fall victim to holiday weight gain.

### Visualize a portion size!

It's easy to visualize common, recommended portion sizes from food labels by simply using your hands.

#### One fist = one cup

One cup of cereal, spaghetti, vegetables or cut fruit is about the size of your closed fist.

#### One palm = three ounces

A 3-ounce serving of meat, fish or poultry is about the size of your palm (minus fingers and thumb) or a deck of cards. Two-thirds of your palm is about two ounces of meat, fish or poultry.

#### One thumb = one ounce of cheese

A chunk of cheese the size of your thumb is about one ounce.

#### One thumb tip = one teaspoon

One teaspoon of peanut butter, mayonnaise, butter or sugar is about the size of the tip of your thumb. Three thumb-size portions make up about one tablespoon.

#### One or two handfuls = one ounce of snack food

For small foods such as nuts and small candies, one handful equals about one ounce. For chips or pretzels, two handfuls is about one ounce.

During the holidays more than ever, it is good practice to make sound decisions before attending an event or gathering so that you are not left feeling guilty later on for over consuming.

- Don't starve yourself all day in anticipation of an evening out to the all-you-can-eat buffet. Once you get there you'll be starving and more likely to eat more and make poor food choices.
- If you are in charge of preparing foods, limit "sampling" your delicacies. Licking the beaters, munching on cookie dough or filling your belly with pie filling adds many unnecessary calories to your daily count but hardly satisfies your hunger.
- Scan over the buffet or dinner choices and construct the best meal you can. Look for sources of protein such as fish, lean meat or chicken breast as well as healthy servings of vegetables – preferably raw or steamed.

- Pass up greasy, fried appetizers and hors d'oeuvres and opt for a few selections from the veggie tray. If dressing is a must for you, make a small puddle of it beside the veggies and dip each vegetable stick just once.
- Instead of filling up on cheese from the cheese tray, limit yourself to one piece of each and select whole grain crackers or light saltines to nibble on.
- Once you select your food, move away from the buffet. You can always come back for seconds but the more you hover over the food selections, the more tempting it is to load your plate up even more.
- Whenever possible, try to serve yourself. When you allow people to serve you, you're more likely to find things on your plate that you wouldn't normally eat or larger portions than are necessary.
- Engage in conversation. Sometimes when you're involved in interesting conversation, you tend to eat less because you are not focusing all your thoughts on food and are instead alternating eating with speaking.
- Eat slowly and enjoy the food. Eating slowly gives your body a chance to process the fact that it is being nourished and trigger feelings of satiety.

## What is healthy eating anyway?

Healthy eating – which includes eating a variety of the good things and eating the not-so-good things in moderation – should be a lifelong commitment but temptation and social pressures often cause us to veer off course. By keeping in mind the basic principles of healthy eating, you should find it easier to make smart choices at a time when others are chalking up holiday weight gain as “unavoidable.”

- Eat breakfast! Research shows that those who report eating breakfast regularly are up to 55 percent less likely to have problems with insulin resistance or become obese than non-breakfast eating persons.
- Boost your protein intake. Researchers recommend 0.8g to 1g of protein per pound of body weight.
- Minimize your intake of fat, salt and foods high in sugar. No more than 30% of your total calories should come from fat and you should limit your sodium intake to 2,400mg or less.
- Increase your fiber intake (the National Cancer Institute recommends 20-35g of fiber per day).
- Drink plenty of water. It is recommended that you consume six to eight eight-ounce glasses of water per day.

**Source:** GNC Live Well Newsletter

## Healthy Holiday Recipes

### Beet and Goat Cheese Salad

#### Salad

- 1 c halved walnuts.
- 6 oz baby greens, such as arugula, spinach, and mesclun mix.
- 8 med canned beets (about 8 oz), drained and sliced.
- 4 oz aged goat cheese, sliced or crumbled.

#### Dressing

- 2 Tbsp olive oil
- 1 Tbsp walnut oil
- 3 Tbsp Tarragon white wine vinegar

1. Preheat oven to 350
2. *To prepare salad* – roast walnuts in single layer on ungreased baking sheet until golden brown and fragrant, about 6 minutes, stirring occasionally. Allow to cool.
3. Combine walnuts, greens and beets in large bowl.
4. *To prepare dressing* – whisk oils in small bowl. Gradually whisk in vinegar and then salt and freshly ground black pepper to taste. Gently toss with salad, sprinkle with cheese, and serve.

#### Makes 6 servings

Per serving: 170 cal, 7 g pro, 4 g carb, 14 g fat, 5.5 g sat fat, 20 mg chol, 1 g fiber, 150 mg sodium.

### Cranberry Tea Cake

Prep time: 15 min

Cooking time: 50 min

Cooling time: 10 min

- 2 c cake flour
- 1.5 tsp baking powder



- ½ tsp baking soda
- ¼ tsp salt
- 1 c sugar
- 3 Tbsp canola oil
- ½ c orange juice
- ½ c unsweetened applesauce
- ¼ c liquid egg substitutes
- 1.5 c fresh cranberries, chopped

1. Preheat oven to 350
2. Coat 9"X5" loaf pan with cooking spray
3. In large bowl, whisk flour, baking powder, baking soda, and salt. In another large bowl, beat sugar, oil, orange juice, applesauce, and egg substitute until smooth. Gently stir into flour mixture until thoroughly blended. Do not overmix. Fold in cranberries. Transfer to pan and bake 50 minutes or until wooden pick insert in center comes out clean.
4. Cool cake in pan on a wire rack 10 minutes. To serve, cut cake into 1.5 slices.

#### Makes 6 servings

Per serving: 390 cal, 5 g pro, 77 g carb, 8 g fat, 0.5 sat fat, 0 mg chol, 2g fiber, 340 mg sodium.

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