

# Get Cooking: Holiday Sides

### Foods to Focus on...

- Enjoy at least 2 food groups
- Choose a fruit or vegetable
- Make half your grains whole grains
- Choose a variety of colors



https://www.choosemyplate.gov/resources/MyPlatePlan

## Tips for Watching Portion Control...

 Don't eat directly from the bag. This makes it harder to see exactly how much you are eating, making it easier to overeat.





- Be mindful when you eat. Avoid eating while watching TV or doing other activities, which can distract you from how much you are eating. It is recommended to eat at the table and pay attention to when you feel full.
- Use smaller plates. This can help keep your portions in check and prevent you from overfilling your plate.





• Try ordering the smaller size when you go out to eat. Ask for a to-go box right away and put part of your meal inside, so you're not tempted to keep eating past when you feel full. You may also split a meal with a friend.

Healthy Holiday Eating for the Whole Family (2018). Anne DeGlopper.

Oklahoma State University, in compliance with Title VI and VII of the Civil Rights Act of 1964, Executive Order 11246 as amended, and Title IX of the Education Amendments of 1972 (Higher Education Act), the Americans with Disabilities Act of 1990, and other federal and state laws and regulations, does not discriminate on the basis of race, color, national origin, genetic information, sex age, sexual orientation, gender identity, religion, disability, or status as a veteran, in any of its policies, practices or procedures. This provision includes, but is not limited to admissions, employment, financial aid, and educational services. The Director of Equal Opportunity, 408 Whitehurst, OSU, Stillwater, OK 74078-1035; Phone 405-744-5371; email: eeo@okstate.edu has been designated to handle inquiries regarding non-discrimination policies. Any person who believes that discriminatory practices have been engaged in based on gender may discuss his or her concerns and file informal or formal complaints of possible violations of Title IX with OSU's Title IX Coordinator 405-744-9154. If you require a reasonable accommodation to participate or need materials in another format, please contact your County Extension Office as soon as possible.

## Holiday Eating Tips

#### Holiday Eating Tip #1: Turkey



- Avoid skin
  - o Dark meat
    - High fat
    - High cholesterol
- Choose breast
  - Lower fat
  - High protein
  - B vitamins

#### Holiday Eating Tip #2: Stuffing



- Saute vegetables in oil
  - Lowers fat
  - Choose olive, canola, or vegetable oil
- Omit extra butter
- Choose lower sodium broth
- Add in lean turkey sausage for flavor

#### Holiday Eating Tip #3: Gravy



- Make a rich broth with veggies ahead of time!
  - o Onion, celery, herbs
  - Refrigerate and skim off fat as it floats up
- · Thicken with cornstach
  - 2 tablespoons cornstarch+ 1/2 cup water = 1 pint of broth

#### Holiday Eating Tip #4: Sweet Potatoes, Yams



- Bake or boil sweet potatoes
  - Season with nutmeg, cinnamon, or pumpkin pie spices
- Rich source of betacarotene, vitamin C & E, potassium, & fiber
- Omit excess butter and sugars
  - ~1/2 tablespoon per sweet potato
  - Cut out marshmellows
- Use orange juice and sprinkling of brown sugar for flavor!

#### Holiday Eating Tip #5: Regular Potatoes



- Omit heavy cream and butter
  - Use Greek yogurt or sour cream instead
- Use low sodium/reduced sodium broth
- Flavor with garlic and/or onion powder, and ground pepper

#### Holiday Eating Tip #6: Pumpkin



- Great source of fiber and beta-carotene
- Use fat-free evaporated milk when making pie
- Make your own pumpkin puree!
  - Recipe Here
    - The Sassy Dietitian

#### Holiday Eating Tip #7: Cranberries



- Great source of vitamin C and antioxidants
- Add oranges to add more vitamin C!
- Try out the cranberryblueberry recipe

#### Holiday Eating Tip #8: Homemade Rolls



- Skim milk
  - Lowers fat and calorie content, but don't compromise texture
- Use whole wheat flour
  - 50/50 whole wheat/allpurpose flour mixture is good!
- Use non-stick spray for pans or cornmeal

#### Holiday Eating Tip #9: Vegetables



- Stir-fry sautee, or microwave with minimal oil
- Top veggies with a little lemonbutter
  - 1 teaspoon butter + 1/2 teaspoon lemon juice + some
    - Better option compared to high-fat sauce

## Holiday Eating Tips

#### Holiday Eating Tip #10: Baked Goods



Limit recipes that call for a lot of cream, eggs, butter, and other fats

#### Holiday Eating Tip #11: Appetizers



- Have plenty of fresh vegetables on hand!
- Cream a dip with Greek yogurt instead of heavy cream!
  - Recipe Here
  - Tasty
- Nuts and dried fruit make a great snack too

#### Holiday Eating Tip #12: Finally!



- Do not starve yourself!
  - Don't skip breakfast
- Snack on whole grain crackers, fruits, and raw vegetables
  - Ensure adequate energy and makes you less likely to over eat!
- Drink plenty of water

### Portion Control Sizes



1 Handful = 1-2 oz 1 serving of pretzels, nuts, or crackers

#### 1 Thumb Tip = 1 Teaspoon

1 serving of oil or butter

#### 1 Palm = 3 oz

1 serving of poultry (turkey), fish, or meat

#### 3 Thumb Tips = 1 Tablespoon

1 serving of peanut putter, cheese, or salad dressing





#### 1 Fist = 1 cup

1 serving of raw vegetables, cereal, soup, fresh fruit