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Get Cooking: Healthy Holiday Sides

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Tonight we will talk about:

- **Strategies for maneuvering mealtime during the holidays**
 - 12 Holiday Food Tips
 - Foods to Focus on
 - Portion Control
- **Keep on Moving – Even during the holidays!**
- **Broccoli Casserole & Cranberry & Blueberry Sauce**

Mealtime During the Holiday Season

- **Larger Portions**
- **More Calories**
 - High Fat
 - High Carbohydrates
 - High Sugar
- **Stressful**



Holiday Eating Tip #1: Turkey



- Avoid skin
 - 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!
 - Onion, celery, herbs
 - Refrigerate and skim off fat as it floats up
- Thicken with cornstarch
 - 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 beta-carotene, vitamin C & E, potassium, & fiber
- Omit excess butter and sugars
 - ~1/2 tablespoon per sweet potato
 - Cut out marshmallows
- 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 cranberry-blueberry 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/all-purpose flour mixture is good!
- Use non-stick spray for pans or cornmeal



Holiday Eating Tip #9: Vegetables

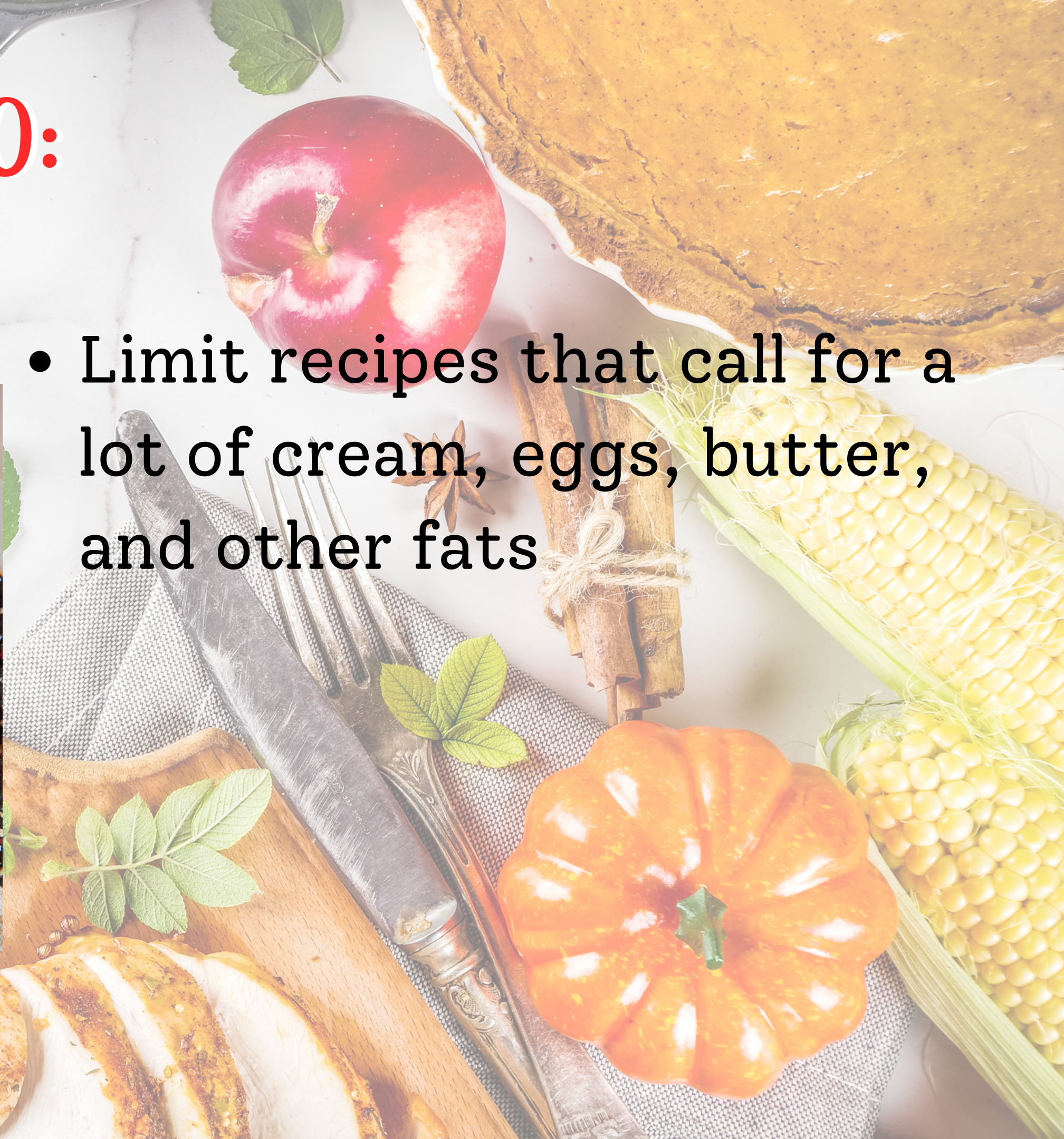


- Stir-fry sautee, or microwave with minimal oil
- Top veggies with a little lemon-butter
 - 1 teaspoon butter + 1/2 teaspoon lemon juice + some lemon zest
 - Better option compared to high-fat sauce

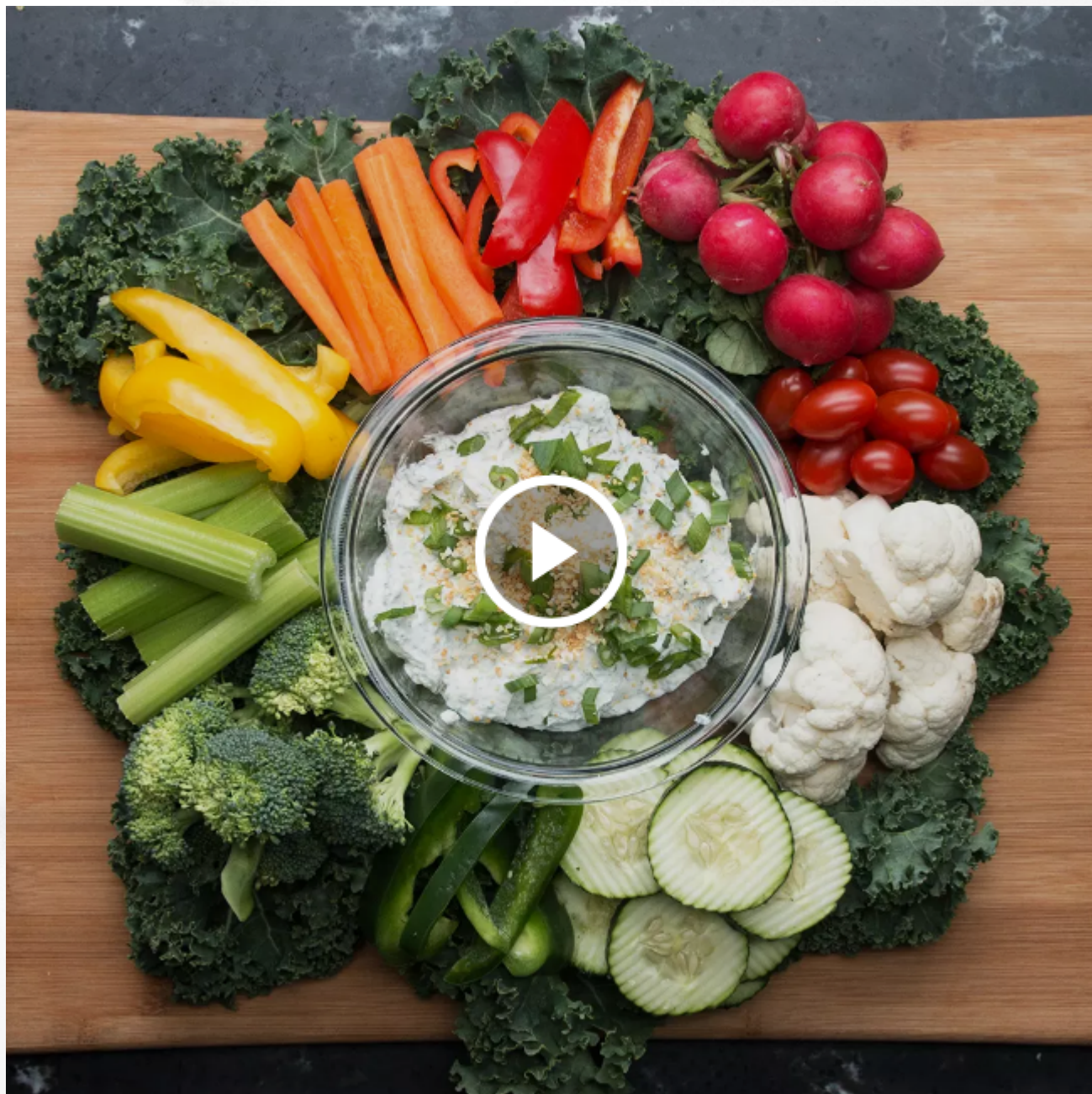


Holiday Eating Tip #10: Baked Goods

- 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

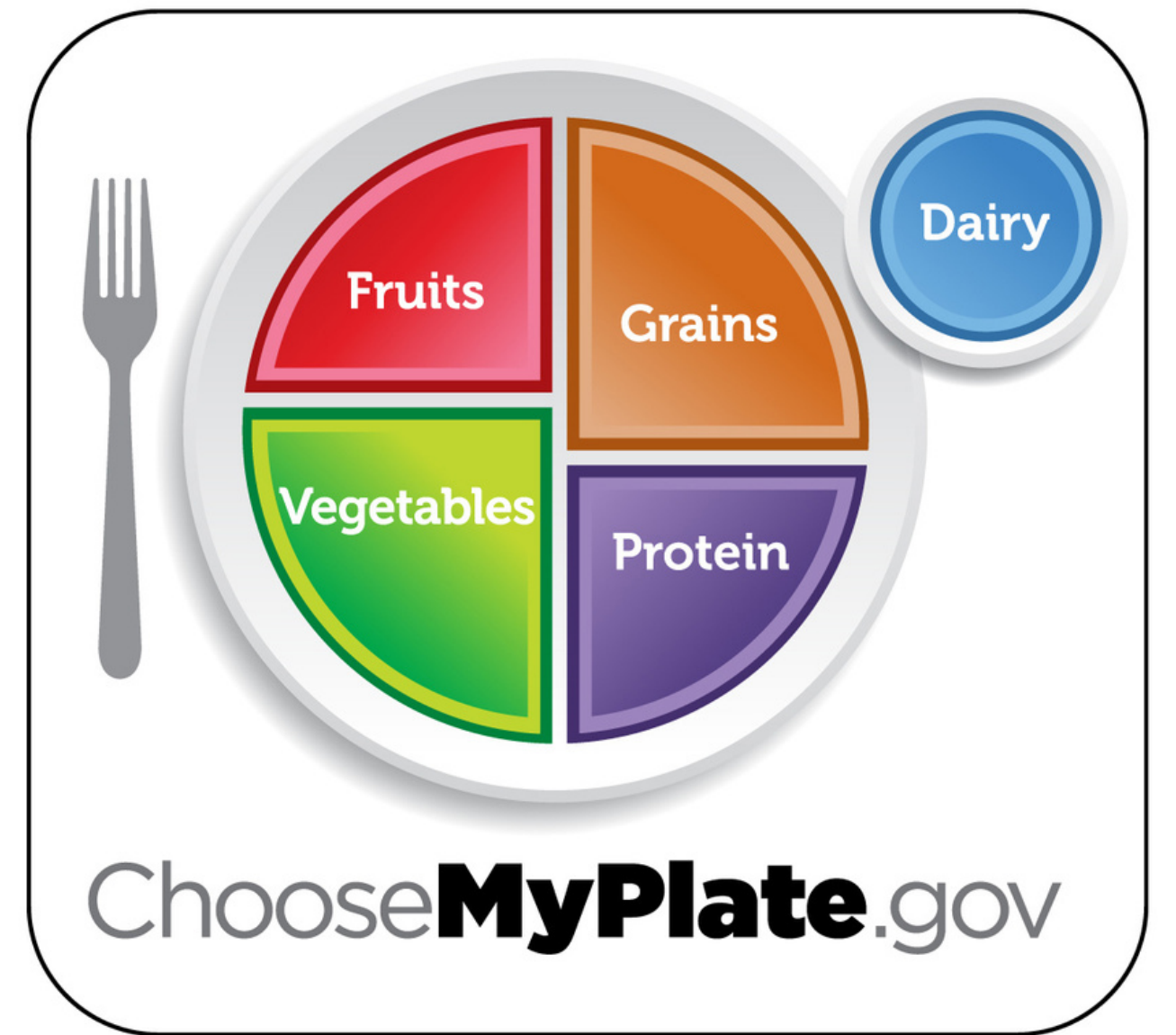
Holiday Eating Tip #12: Finally!



- 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

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



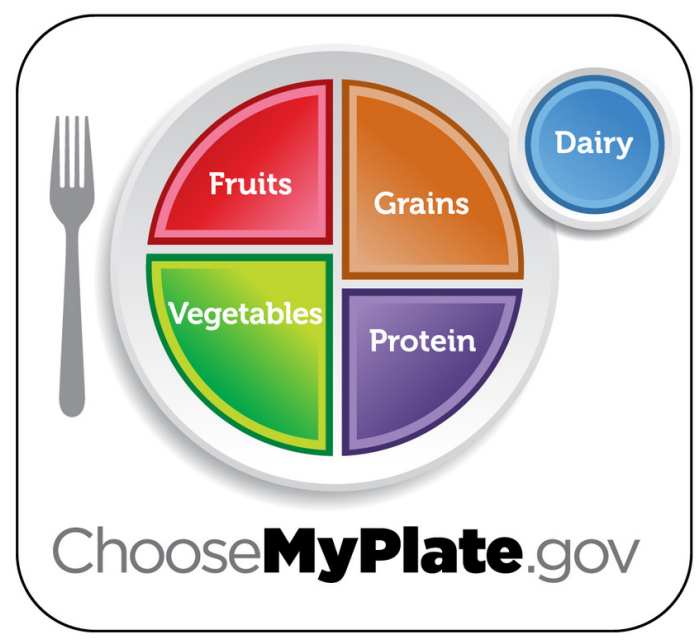
<https://www.choosemyplate.gov/resources/MyPlatePlan>

Activity: What can we add or alter to power up the nutrition in these holiday dishes?

Enter your suggestions into the chat.

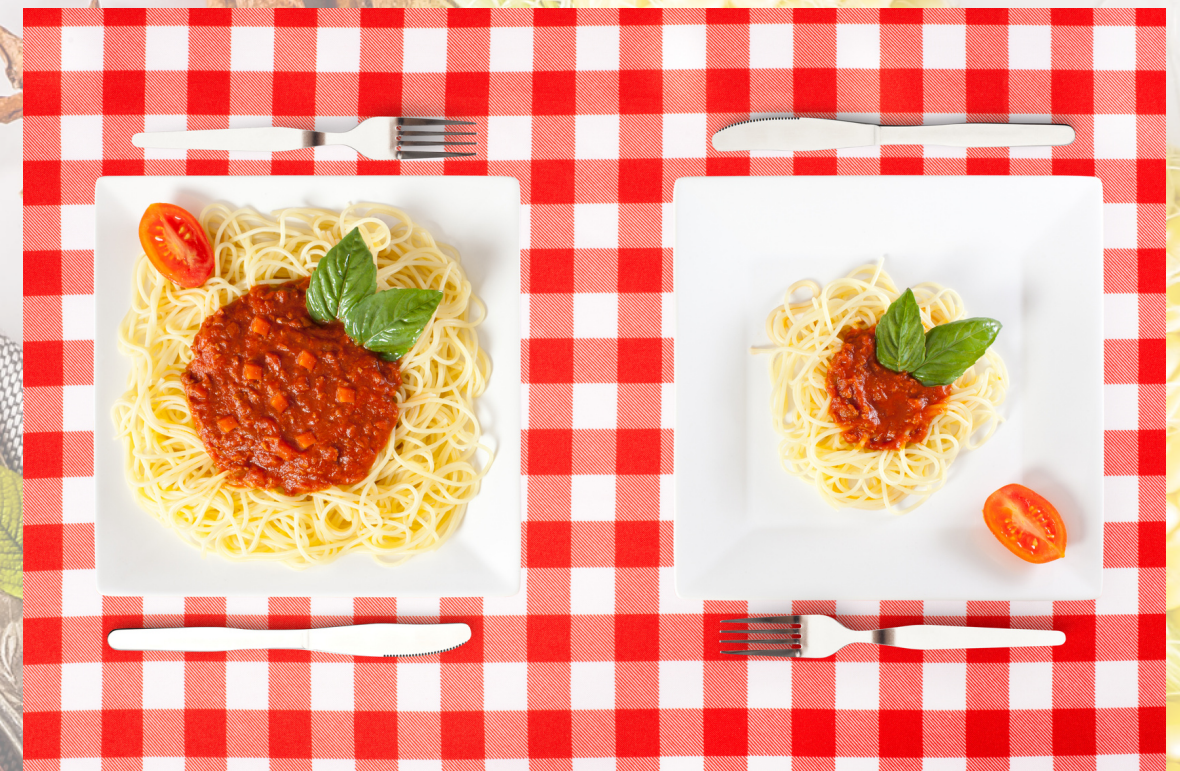
GOALS

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



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.
- 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.
- Use smaller plates. This can help keep your portions in check and prevent you from overfilling your plate.



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 butter,
cheese, or salad dressing*



1 Fist = 1 cup

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



Keep Moving - Even during the holidays!

- Aim for 150 minutes per week of physical activity
- Secret Holiday weapon
- Can help reduce stress
- Take a walk after a Holiday meal

Holiday Activities

Activity	Calories Burned/Hour
Wrapping gifts/writing Christmas cards	150
Building a snowman	160
Preparing Holiday meals	170
Christmas shopping	175
Cleaning house (dusting, vacuuming, mopping)	180
Putting up outdoor lights	215
Grocery shopping	240
Carrying groceries upstairs	545

Broccoli Casserole

Cranberry & Blueberry
Sauce



Resources

- Full Plate Diet Healthy Holiday Cookbook (2020). Retrieved from: https://s3.amazonaws.com/kajabi-storefronts-production/sites/4891/themes/700849/downloads/rLVaD8HNRpGSepZ7hYla_FullPlateLivingHealthyHolidayCookbook.pdf
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- Are you Ready for the Holidays? *Communicating Food for Health*. Holiday Activities.
- 5 Healthy Eating Tips for the Holidays (November 2019). *Centers for Disease Control and Prevention (CDC)*. Retrieved from: <https://www.cdc.gov/diabetes/library/features/holidays-healthy-eating.html>