



The holidays are a time of love, faith, family and food. They are a time for fun and joy. However, when watching your waistline, the holidays could make you feel frustrated and lost in your healthy eating efforts. During Thanksgiving we often celebrate with turkey, stuffing, candied yams and delicious pies and other desserts. During Christmas, there are many celebrations and they are all usually focused around our favorite cultural dishes and desserts. The concern is many of our favorites around the holidays can be high in calories, fat, sodium and sugar. These goodies can also be very hard to resist. So how do you prevent yourself from going overboard during the holidays?



An individual who wishes to learn more about our Nutrition Health Education services should contact our toll free Hotline.

TOLL FREE HOTLINE  
**877-865-4222**

a message from  
**nutrition**  
**HEALTH**  
**education**

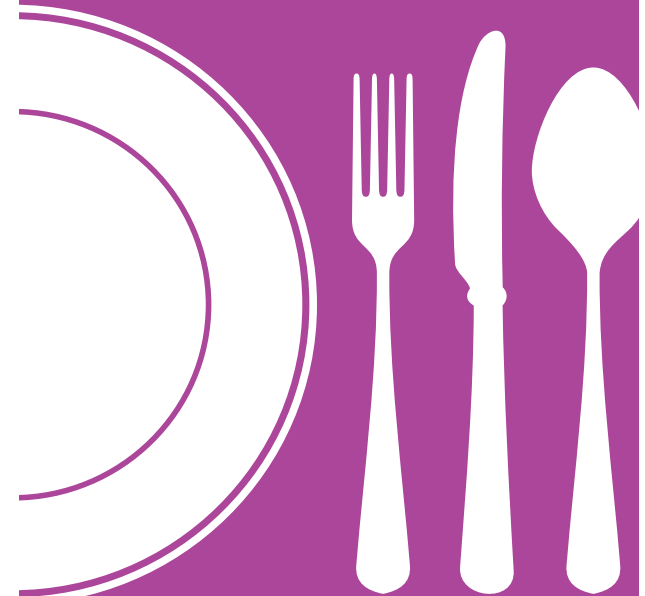
**Community  
Nutrition Program**  
60 Adams Avenue  
Hauppauge, NY 11788

For more information  
please contact our nutritionist.

HOTLINE:  
**877 • 865 • 4222**



**HOLIDAY**



**EATING**  
GUIDELINES TO LIVE BY

A MESSAGE FROM  
NUTRITION HEALTH EDUCATION

# GUIDELINES TO LIVE BY...

*Live a little bit: Lets be realistic, dieting during the holidays is not a good idea. It could possibly lead to you feeling deprived, which can cause you to over eat more than if you just ate normally. Do not deprive yourself; try to just maintain your current weight until after the holidays. You may not lose weight but at least you wont gain.*

## CUT BACK THE CALORIES IN YOUR COOKING

Butter, salt, sugar, oil, heavy cream, sour cream, and cheese are all used to make your food taste delicious. However, these components can be easily left out with minor substitutions and you may not even notice.

## KEEP YOUR MOUTH BUSY

When cooking, chew a piece of gum to avoid tasting what you are preparing. If you are going to a party and dinner's not ready, chew gum to avoid tasting all the appetizers. You can also suck on ice or drink lots of water.

## DO NOT EAT IT IF IT'S NOT YOUR FAVORITE

Stick to your favorites. Don't waste your calories eating foods that you may not love.

## DO NOT STARVE YOURSELF BEFORE YOUR HOLIDAY MEAL

Do not wait all day to eat. Studies show that people who save all their calories for a holiday meal are more likely to overeat. Instead, before you go to

a holiday gathering have a nutrient packed snack like a yogurt with a hand full of nuts and a piece of fruit. Always drink an 8 oz. glass of water before sitting down to eat, as this may help keep you from over eating.

## KEEP YOUR MIND BUSY

When getting together with your family and friends at a holiday gathering, try to keep your mind and time occupied with games like Scrabble and Monopoly. If you cannot recruit players, read a book or do a crossword puzzle. Even put on some music and dance as this will burn calories and keep you away from snacking. When you spend less time thinking about food, you will most likely eat less.

## DO NOT DRINK YOUR CALORIES AWAY

Beware of soda and sugar sweetened beverages such as eggnog and hot chocolate. Try to stick with water, seltzer with lemon or lime, or sugar free drinks like Crystal Light and diet soda. When drinking alcohol, alternate between an alcoholic beverage and a non-alcoholic beverage.

## DO NOT FILL UP ON APPETIZERS

Try to watch out for the cheese and crackers or the potato chips and dip. These delicious appetizers are sure to pack on a high amount of calories and fat, plus ruin your appetite for dinner when you fill up on them. Try to aim for the carrots, celery and the fruit platter. You can also try to avoid the appetizers all together so you can enjoy your holiday meal!

## USE THE CONCEPT OF MINDFUL EATING

Think about it! Are you still hungry after that first helping? Do you really need a second? If you can understand when you are satisfied, you can prevent being overfilled. The holiday foods are delicious, but eating until you cannot breathe is not fun. You will be tired and may even have a bellyache.



**ALWAYS PLAN BEFORE YOU GO TO ANY PARTY, ESPECIALLY A HOLIDAY MEAL OR GATHERING. HEALTHY ALTERNATIVES TO HOLIDAY COOKING AND EATING.**

## USE THESE HELPFUL TIPS

Instead of salt  
**USE HERBS AND SPICES.**  
If a recipe calls for salt, add one of your favorite spices to the dish. If you like salt on your veggies, try a little bit of grated Parmesan cheese. This way you will have flavor but not as much sodium.

Instead of Butter  
**USE OLIVE OIL OR CANOLA OIL.**  
**EAT A BAKED POTATO** over mashed potatoes.  
**USE OLIVE OIL ON YOUR BAKED POTATO** instead of butter and try to choose reduced or fat free sour cream.

Instead of heavy cream in sauces,  
**USE MILK OR LIGHT CREAM.**  
It will taste the same and cut down the fat and calories.

**CHOOSE WHITE MEAT OVER DARK MEAT CHICKEN OR TURKEY.**  
White meat often contains less fat. For any meat, cut away visible fat and try to avoid eating the skin of the turkey or chicken.

**CHOOSE LEAN CUTS** of beef like sirloin, London broil or filet mignon.

**USE DARK CHOCOLATE OVER MILK CHOCOLATE** in baking recipes. Dark chocolate provides antioxidants and essential fatty acids that milk chocolate does not provide. It's delicious and good for you in moderation.

When baking,  
**USE LESS SUGAR** and instead **ADD IN A SPICE LIKE CINNAMON OR NUTMEG.**  
You may not even miss the sugar. Just add extra liquid to your recipe to prevent your baked good from becoming too hard.

## MY PLATE HOLIDAY MAKEOVER...

- Manage your portion sizes of grains and rice. Measure out 1-cup portions of pasta and rice dishes for your holiday plate. If you don't have a measuring cup on hand, use your fist as a general guideline for how much grain you need on your plate.  
**Choose whole grains whenever you can.**
- Fill half your plate with vegetables. Filling up on vegetables will keep you from overeating.
- Choose desserts with fruit in them.
- Choose lean meats whenever possible.
- Drink at least 8-10 glasses of water a day.