



## HEALTHY FOOD CHOICES FOR THE HOLIDAY SEASON

### Healthy Holidays

We all know that the holiday season can play havoc with your health regimen. Between parties, late nights, feasts and travelling, healthy habits can go right out the window. You can still eat treats and tasty foods, you just need to eat in moderation and supplement high calorie foods with healthier food choices 80% of the time. Christmas isn't Christmas without turkey and mashed potatoes!

### Exercise Over the Holidays

Exercise is just as important as healthy eating for the Holidays. It is important to maintain your physical activity during the holiday season. During this time, try and exercise at least 30 minutes minimum a day most days of the week. You will feel better and look healthier. Here are some ideas of how you can get active.

#### At Home

Even if you do not have time to make it into a health club you can still find ways to get active at home or out on the town!

How about speed shopping? Walk as fast as you can in the halls and through the stores. The faster your body is moving the more calories you are going to burn. You can even wear a pedometer and set a goal of 5,000 steps a day. Start participating in outdoor activities, hiking, skating, tobogganing, skiing or just walking around looking at Christmas lights.

#### At the Health Club

If you can find the time to make it into a health club, that is even better. Remember muscle burns fat! Building muscle increases your metabolism. After you do strength training exercises your muscle is still burning calories up

to 8 hours after your work out. So if you are going to a holiday party you are better to work out before so you are still burning calories when you're out. You don't have to go for 2 hours just try a half hour for the holiday season. If your feeling stressed during this time then relax in the sauna or steam room. Why not try a yoga class? Where do I find the time with my family visiting? See if they want to come with you to try an exercise class or go for a swim in the pool. If you have kids bring them swimming during family swim time. There are lots of ways to stay active during holidays. It takes will-power and a little effort but it is well worth the rewards.

### Watch Your Stress

Stress levels often escalate during the holidays. Extra social events, extra family get-togethers, extra shopping - all these "extras" can combine to overwhelm our schedules and make our stress levels elevated. This increase in stress can cause people to overeat especially with all of the food selection.

### Tips to Reduce Stress Over the Holidays

- Identify what causes you stress and find ways around it. For example, some people find stores too crowded in December. If you need to shop, try shopping over the internet from the comfort of your home, or order by phone or mail. You can start shopping early which helps you manage your expenses better as well as freeing up time to keep active closer to the holidays. If you have to shop closer to the holidays then take a half-day off work to shop when stores are less busy. Or present a home-made gift (such as some healthy homemade soup, spaghetti sauce, lasagna or chutney). People always appreciate these gifts.



- Avoid using caffeine, alcohol, or tobacco as a prop to help you keep going.
- Don't overbook. Use your discretion and select which holiday commitments you'd like to fulfill. Remember that you have the option to politely decline invitations, cancel or reschedule a few events if need be. Save your strength for the things you decide are most important.
- Give yourself a break. Fit in some quiet time for yourself over the holidays. Many people are so busy giving and sharing with others that they forget to take care of themselves. Take some time for relaxation, have a hot bath or enjoy a hot coco by the fireside!

This is the tricky part!

## Food Consumption

It is important to know how to eat during the holidays. When food temptations are at its strongest, you may break. The key is preparing yourself to handle these temptations and giving yourself an allowance for the foods that tempt you the most. Some people feel if they have over indulged they have failed, but, that is not true. The sooner you pick yourself up and get back on track the less likely you are to gain more weight. It is a lot harder to lose the extra 10 pounds vs. the extra 5 pounds you have gained over the holidays.

## Tips and Tricks For Healthy Eating Over the Holidays

- Follow the 80-20 rule:  
100 % whole natural healthy foods 80 % of the time!  
20% Give in....a little

Note: Give in a little means... MODERATION with the unhealthy and high calorie food choices.

Example: If your going to have mashed potatoes make them calorie reduced and ONLY have ½ a serving.

During the week eat as healthy as you can. If you're limited by time, make sure you pack your lunch and snacks. If you're cooking make extra food for the freezer.

This way on busy nights you have a dinner already prepared. If you're eating healthy during the week then treat yourself to something small (not a whole meal but a small portion of a treat) during the week, have a night on the weekend that you eat a whole meal of what you want. This does not mean a whole day worth of eating what you want.

Weekends/Holidays- Pick a meal one day that you are going to give into the gravies and mashed potatoes or have a dessert but, remember moderation! The day you are going to give in make sure you have a balanced breakfast, 2 healthy snacks and a healthy lunch. If on the following day, you are going to have a typical Sunday Brunch then make sure your choices of food for the rest of the day are healthy (This means no butters, sugars, sauces, creams or high calorie foods).

- Hit the grocery stores. Fill your shelves with nutritious foods that you know you'll enjoy. Keep fresh fruit and vegetables on hand.
- Don't skip meals. And especially not breakfast! Skipping your regular meals will only make you hungrier later on and more likely to over-indulge in unhealthy foods (such as the hors d'oeuvres at an after-work party, or the "quick fix" of pizza or fries on the way).
- Brown bag it. Ensure you have a nutritious, satisfying lunch and snacks: bring it from home! Try to find a few minutes the night before to pack a good lunch and snacks that will help meet your daily requirements of all four food groups (grain products, vegetables and fruit, milk products, and meats and alternatives). By organizing this in advance, you'll avoid a last-minute morning scramble that might substitute handy snacks for healthy food.
- Pace yourself. Holiday treats are often delicious - but not nutritious. At social events, try to pace yourself when faced with tempting goodies. Seek out healthier food choices, such as the fresh fruit or veggie tray, and limit your intake of the "naughtier" items such as fried foods and sweets.

- Brush your teeth. If you find you keep snacking at the buffet table or your nibbling while cooking dinner go brush your teeth. You will be less likely to eat with your mouth clean and fresh.



## Healthy Tips for Cooking and Hosting

Mastering a few cooking techniques can help you create a healthier diet without losing out on flavor. Here are tips;

- Cut down on saturated fat in creamy dressings by mixing in some nonfat or low-fat plain yogurt.
- Use non-stick cookware so you can cook with a minimum of oil or vegetable oil spray.
- For a wonderful flavor enhancer, sprinkle food with vinegar or citrus juice. Add it at the last minute so the flavor is at its strongest.
- Spice it up! Adding herbs and spices to your recipes add flavor that is not only tasty but it has no added calories and has many health benefits.
- Avoid deep frying foods.
- Serve healthy snack choices
- Use low fat versions of cooking sauces and ingredients. Substitute low fat and low calorie ingredients, or reduce the amount used of high fat/calorie substances. For example: use yogurt instead of sour cream; use raisins instead of chocolate chips; use 1/3 less oil/shortening and 1/3 less sugar in recipes; use non-stick cooking spray on pans; use skim milk instead of whole milk; etc.
- Serve as close to natural as possible (don't add butter to veggies or mashed potatoes...)
- Present food in various locations to encourage activities and mingling as well as eating.
- Plan a Food Journal for the Holidays. During the holiday month write down which days and meals you are going to allow yourself to cheat. How many treats you are going to allow yourself on specific days. Also, determine rules to follow for the other days. For the people who do not have time to plan a food journal use the following example as a guide for understanding the balance of food choices.



Here is an Example

MON	TUES	WED	THURS	FRI	SAT	SUN
<b>Work Party</b>				<b>Christmas Eve</b>	<b>Christmas Day</b>	<b>Boxing Day</b>
Healthy Breakfast 7:00	Healthy Breakfast 7:00	Healthy Breakfast 7:00	Healthy Breakfast 7:00	Healthy Breakfast 7:00	Healthy Breakfast 7:00	Sunday Brunch 7:00
Healthy Snack 10:00	Healthy Snack 10:00	Healthy Snack 10:00	Healthy Snack 10:00	Healthy Snack 10:00	Healthy Snack 10:00	Healthy Snack 10:00
Healthy Lunch 12:00	Healthy Lunch 12:00	Healthy Lunch 12:00	Healthy Lunch 12:00	Healthy Lunch 12:00	Healthy Lunch 12:00	Healthy Lunch 12:00
Healthy Snack 3:00	Healthy Snack 3:00	Healthy Snack 3:00	Healthy Snack 3:00	Healthy Snack 3:00	Healthy Snack 3:00 if snacks around all day	Healthy Snack 3:00
Fruits and Vegetables at buffet table, Lots of veggies and salad with dinner, meat (lean cuts, small amount of Gravy)	Healthy Dinner 5:30 no sauces, no sugar in coffee no cream, no juices or pops, no alcohol, no fried processed foods	Healthy Dinner 5:30 no sauces, no sugar in coffee no cream, no juices or pops, no alcohol, no fried processed foods	Healthy Dinner 5:30 no sauces, no sugar in coffee no cream, no juices or pops, no alcohol, no fried processed foods	Healthy Dinner 5:30 *allow for 1 snack or treat, 1-2 beverages	Healthy Dinner 5:30 choose the healthier kinds and have one or two small portions of favorites  Dinner 5:30 Eat what you want in moderation!	Healthy Dinner 5:30 no sauces, no sugar in coffee no cream, no juices or pops, no alcohol, no fried processed foods

On the days you decide to give yourself a break, still try and make healthier choices.



## Putting it all Together, A Practical Approach

Now with all of these tips and tricks to follow you will need to know what foods “are” the “Healthier Choices” of the “Not So Healthy Temptations”. These foods are NOT to be consumed on a regular basis. They are listed so you can see fat and calorie choices of the foods presented to you over the holidays.

## Here are some common Holiday Foods!

### Holiday Coffees and Drinks

#### Eat This

- STARBUCKS VENTI PEPPERMINT CAFÉ AU LAIT  
210 calories, 8 g fat

#### Not That

- STARBUCKS VENTI GINGERBREAD LATTE,  
400 calories, 15 g fat

IF YOU DON'T CARE AND YOU'RE GOING TO HAVE ONE ANYWAY....TRY THE LIGHT VERSIONS!

#### Full Version

- STARBUCKS PUMPKIN SPICE LATTE (3% MILK, 4 FULL PUMPS OF SYRUP, COFFEE, WHIPPED CREAM, CHOCOLATE SPRINKLES AND CINNAMON)

#### Light Version

- STARBUCKS PUMPKIN SPICE LATTE, NO WHIP, LOW FAT, HALF SWEET (SKIM MILK, COFFEE, 1 PUMP OF SYRUP, NO WHIP CREAM)

Holiday coffee drinks are some of the worst things you'll find at a coffee house for that matter. You can suck up nearly a quarter or more of your day's calorie allotment. How about a Chi Tea or Cinnamon, blueberry or Lemon Flavor Green Tea?

#### Poor Choices

- EGGNOG (WITH RUM)  
475 Calories , 21 g fat
- EGG NOG  
350 calories, 16 g fat (without the rum)

Short of a tall glass of melted butter, it's hard to find a more caloric beverage than eggnog. Heavy cream, egg yolks, and a heavy hit of sugar spell disaster for this Yuletide favorite. Hot chocolate, by comparison, is a very reasonable indulgence.

- IRISH CREAM COFFEE W/ WHIPPED CREAM  
508 Calories, 21g fat

Both of these are “terrible” choices. The calories are almost the same, and the fat is identical. Luckily, these tend to be seasonal drinks. The Irish Coffee becomes the worse choice, because it has a few more calories, thanks to all the sugar in the Bailey's Irish Cream liqueur. But it has no cholesterol, while the eggnog has a whopping 783 mg -- something to keep in mind if you're watching your cholesterol levels.

#### Try This

- HOT CHOCOLATE  
120 calories, 4 g fat
- CHIA TEA with warmed skim milk and cinnamon

If you are going to drink alcohol try these in moderation:

- RED WINE 5oz 125 Calories , 5.0 carbs, 0g Fat
  - LIGHT BEER , bottle 110 Calories , 6.6 carbs, 0g Fat
- Red wine is the winner here -- it has less carbs and because it is good for your health, your heart and contains many antioxidants. Plus, people tend to drink beer faster than wine, and that first pint is typically followed by one or two more. It's easier to carry a glass of wine around a party and sip it for a longer period of time.



- CHAMPAGNE, 4oz 78 calories, 4.4 g sugars  
V.S. This:
- GIN AND TONIC, 6 oz 143 calories , 12.1 g sugars  
Tonic is loaded with sugar, which means you're basically mixing your booze with a soda—that's why you end up with the extra calories. Besides the low calorie count, a glass of bubbly also provides from the same heart-healthy compounds found in red wine.

- REGULAR BEER, 1 Can (356 oz)  
150 Calories, 13 carbs, 0g Fat

### Stocking Stuffers

Try This

- 10 Dark Chocolate Hershey's Kisses, 260 calories  
Remember eat 1 or 2 of these as a treat not all 10

Not That

- 5 Candy Canes, 550 calories

Everyone looks at candy canes as an innocent holiday indulgence. The truth is, when you chose the red-and-white, you've opted to suck on a stick of pure sugar. That's why the total calorie count is so much higher than the Kisses. Plus eating a small, 1.6-ounce bar of dark chocolate every day is good for you. Dark Chocolate provides antioxidant's as well as helps lower blood pressure.

### Christmas Dinner

#### Watch the Fixings

- BEEF TENDERLOIN DINNER (8 oz)  
healthy meat choice  
Calories 950, Fat 38 g, Saturated Fat 17 g,  
Sodium 900 mg

The Fixings...(This is where people can really add up the calories)

- Horseradish sauce
- Roasted new potatoes in olive oil
- Green beans with almonds
- Dinner roll with butter (whole wheat if possible)
- Chocolate fondue with fresh fruit
- Glass of red wine

(Although honey baked ham can still be a healthy choice this is just an example of how the added fixing can add up)

- HONEY-BAKED HAM (8 oz)  
Healthy meat choice  
Calories 1,565, Fat 90 g, Saturated Fat 45 g,  
Sodium 2,500 mg

The Fixings...

- Mashed potatoes with gravy
- Salad with croutons and vinaigrette
- Cornbread with butter
- Slice of cheesecake
- Glass of beer

Kick IT

- PRIME RIB  
750 calories, 45 g fat

This cut comes from one of the fattiest parts of the cow. Ham, on the other hand, is an incredibly lean cut of meat, and the honey glaze ends up as a thin crust on the meat, saving you from excess sugar.



#### Pick This

- HERB ROASTED POTATOES 120 calories, 5 g fat

#### Over That

- MASHED POTATOES 220 calories, 12 g fat  
Roasted trumps mashed every time. Save big on this small portion by cutting out the cream and butter, and replacing it with olive oil and dried herbs. If you do go for mashed potatoes add non-fat milk and light cream cheese instead of butter and cream. You can spice it up with garlic and chives to add more flavour.

#### Pick It

- TURKEY BREAST DINNER (6 oz)  
Healthy meat choice  
Calories 731, Protein 61 g, Carbohydrates 85 g,  
Fat 20 g, Saturated Fat 11 g, Sodium 1,240 mg

#### The fixings...

- 2/3 cup mashed potatoes (try skim milk and low fat cream cheese to lower calories)
- 1/3 cup turkey gravy
- 1 dinner roll (whole wheat if you can)
- 1 cup green bean casserole
- 1/4 cup homemade cranberry sauce

#### Kick It

- DARK MEAT TURKEY DINNER (6 oz )  
Poor meat choice  
Calories 1,279, Protein 62 g, Carbohydrates 159 g,  
Fat 48 g, Saturated Fat 22 g, Sodium 1,890 mg

#### The fixings...

- 1 cup stuffing
- 2/3 cup sweet potatoes with Cornflake Topping,
- 1/2 cup corn
- 1 slice jellied cranberry sauce

#### Family Desserts

##### Try This

- CHOCOLATE FONDUE 340 calories, 10 g fat

##### Say no to:

- PECAN PIE 610 calories, 45 g fat

##### Try This

- FUDGE BROWNIE (60g)  
260 calories, 8g Fat, 30g Sugars

Cut it in half or split deserts with someone to reduce your intake

##### Not That

- PEANUT BRITTLE (56g), 350 calories, 30g sugar

##### Try This

- GINGER SNAPS OR COCO GINGER SNAP  
136 calories-150 calories

##### Not That

- FRUIT CAKE, 280 calories

When it comes to low-cal options, ginger snaps are the cookie kings. Or try honey graham wafers.

#### New Year's Eve

##### Pick It

- 12 LARGE SHRIMP WITH 2 TABLESPOONS OF COCKTAIL SAUCE  
Calories 165, Fat <1 g, Saturated Fat 0g  
Sodium 480 mg

Shrimp are essentially fat-free and protein-packed, which makes them one of the few foods you can gorge on without paying the price. But limit yourself on the cocktail sauce—it's mostly tomatoes, but it's heavy on sodium.



#### Kick It

- CRAB CAKE Calories 290, Fat 19 g, Saturated Fat 4 g  
Sodium 600 mg

The crab lumps are bound in mayo, then rolled in breadcrumbs and fried.

#### Candies and Chocolate

#### Pick It

- TWIZZLERS CHERRY NIBS (22 pieces)  
Calories 110, Fat 0 g, Sugars 18 g

Less of a sugary assault on your system than candy corn, if eaten in moderation.

- SKITTLES (fun size) Calories 80, Fat 1 g, Saturated Fat 1 g, Sugars 15 g

These rainbow-colored candies aren't perfect, but they have a fraction of the sugar and fat found in Starburst.

- WHOPPERS (6 pieces) Calories 60, Fat 2.5 g  
Saturated Fat 2 g, Sugars 8 g

- 3 MUSKETEERS BAR (fun size)  
Calories 70, Fat 2 g, Sugars 11 g

#### Kick It

- STARBURST FRUIT CHEWS (fun size) Calories 170,  
Fat 3.5 g, Saturated Fat 3.5 g, Sugars 24 g

- M&M MINIS (1 oz tube) Calories 150, Fat 7 g  
Saturated Fat 4.5 g, Sugars 19 g

- ALMOND JOY (fun size) Calories 100, Fat 5 g  
Saturated 3.5 g, Sugars 10 g

This sweetened coconut is packed with saturated fat.

- TOOTSIE ROLL (6 regular midgees)  
Calories 140, Fat 3 g, Saturated Fat .5 g, Sugars 20 g

#### Additional Holiday Foods

#### Pick It

- FILET MIGNON (6 oz) Calories 260, Fat 11 g,  
Saturated Fat 4 g, Sodium 200 mg

It doesn't get any leaner in the beef world than tenderloin. Pick it any day over a cheeseburger even if you skip the cheese and wrapped the burger in lettuce.

#### Kick It

- CHEESEBURGER (4 oz) Calories 630, Fat 41 g,  
Saturated Fat 15 g, Sodium 735 mg

Drop the cheese and form your patties with 95% lean beef and you'll cut 250 calories and 25 grams of fat from the meal. If you're going for homemade add in some finely diced veggies (mushrooms, zucchini and red peppers).

#### Pick It

- COLESLAW (4 oz) Calories 150, Fat 8 g,  
Saturated Fat 1 g, Sodium 350 mg

Both coleslaw and potato salad are vehicles for the same fatty passenger, mayo. So it all comes down to which one makes for a healthier vehicle. Cabbage is dense with sulfuraphane, a chemical that boosts your body's production of enzymes that fend off cancer. If your making it yourself dice up really fine pieces of radish, green pepper, snow peas, apples, cucumber, onion and celery. Add in low fat dressing if you cannot find low fat then dilute it with light sour cream.

- **Ultimate Healthy Salad:** Mix packaged coleslaw with broccoli slaw, add in different diced vegetables. Throw in some dried cranberries, soy nuts, walnuts, sunflower seeds and pumpkin seeds.

For the dressing:

1 part balsamic vinegar, 3 parts olive oil, little bit of crushed garlic and a little bit of Dijon mustard.



Pick It

- TORTILLA CHIPS AND GUACAMOLE (about 12 chips), Calories 140, Fat 9 g, Saturated Fat 3 g, Sodium 460 mg

Pick It

- BAKED BEANS (3/4 cup, made without bacon) Calories 150, Fat 1.5 g, Saturated 0 g, Sodium 350 mg
- Sure, the beans have a few more calories, but they're significantly lower in fat and pack huge protein and fiber to keep you feeling fuller longer. Plus, studies have found that red beans are among the most antioxidant-dense foods.

Pick It

- WATERMELON (1 medium-sized hunk) Calories 46, Sugars 10 g

Watermelon is loaded with potassium and lycopene, which has been shown to help fight off both breast cancer and prostate cancer.

Kick It

- POTATO SALAD (4 oz), Calories 180, Fat 12 g, Saturated Fat 2 g, Sodium 430 mg

Potatoes and mayo pack a one-two punch of carbs and fat. For a lighter option, go with a German-style mustard-based potato salad. Add in lots of veggies (cucumber, radish, green pepper, onion and celery).

Pick It

- VEGGIES AND RANCH DIP Calories 160, Fat 10 g, Saturated Fat 6 g, Sodium 370 mg

\*\*\*\*Veggies are a great choice but use "Low fat Hummus" instead of ranch dip.

Kick it

- CORN ON THE COB WITH 1/2 TABLESPOON OF BUTTER, Calories 180, Fat 10 g, Saturated Fat 5 g, Sodium 150 mg

Corn is not a high-impact food and has low nutritional value, and its best friend is butter. Two good reasons to reach for the beans or low calorie coleslaw instead.

Easter will be soon approaching after Christmas Watch out for some of these Calorie KINGS:

### Easter

Look at the Fat and Sugar difference

- CADBURY CRÈME EGG Calories 150, Fat 5 g, Saturated Fat 3 g, Sugars 22 g

The Classic Cadbury egg beats the newer chocolate version by 30 calories and 3 grams of fat.

Kick It

- SOLID CHOCOLATE EASTER BUNNY (170 g) Calories 920, Fat 52 g, Saturated Fat 32 g, Sugars 92 g

Nibble this treat one ear at a time, or risk consuming 80 percent of your daily fat in one sitting.

Pick It

- GUMMI BEARS (14 pieces) Calories 140, Fat 0 g, Sugars 22 g

Kick It

- JELLY BEANS (40 pieces) Calories 160, Fat 0 g, Sugars 27 g

### Look at the fat and sugar content!

- Snickers Almond bar Calories 230, Fat 11 g, Saturated Fat 4 g, Sugars 26 g
- Butterfinger bar Calories 270, Fat 11 g, Saturated Fat 6 g, Sugar 29 g
- Hershey's bar, milk chocolate Calories 300, Fat 18 g, Saturated 11 g, Sugars 33 g
- Sun Maid Vanilla Yogurt Covered Raisins (1/4 cup) Calories 130, Fat 5 g, Saturated Fat 4 g, Sugars 19 g
- Hershey's Kisses, milk chocolate (9 pieces) Calories 230, Fat 13 g, Saturated Fat 8 g, Sugars 21 g