

# Sensible Holiday Eating

How to eat smart for weight management during the holidays

## Volumetrics



- Choose foods that are dense in nutrients but not in calories, such as fruits and vegetables.
- Eat foods high in water content — like low-fat soups, salads, vegetables or fruits.



## Hidden calories

- Avoid drinking too much alcohol, eggnog or other high-calorie beverages.
- Don't fill up on calorie-packed appetizers, such as cheese and crackers, before meals even start.



## Avoiding pitfalls

- Concentrate on preparing or sampling only one or two special foods at each holiday celebration.
- Keep your portions in proportion.
- Don't be fooled by fancy-wrapped candies and cookies around your home or workplace — they're the same sweets you've seen all year.
- Don't feel pressure to clean your plate. If you feel rude, ask the cook for the recipe to show you enjoyed it.

## General tips for recipe adaptation



- Better fats: Use vegetable oils, such as canola or olive oil instead of butter when cooking.
- Whole grains: Try using half whole-wheat flour and half all-purpose flour when baking.
- Less sugar: Try using less sugar and adding a little honey or cinnamon to sweeten foods.
- More veggies: Add vegetables to soups, stews, pastas, hot dishes and any other foods to make them healthier.
- Less salt: Try using other spices or dried herbs to give foods flavor, such as ginger, cardamom, cumin or black pepper, basil, rosemary, dill or sage.



## Holiday party tips

- Don't save up for a party by skipping meals all day. Eat smaller meals throughout the day if you are going to a party later.
- Don't stand by the food table.
- Make it easy for yourself and others at your own party. Serve limited appetizers and choose a lean entrée such as grilled chicken.
- Make a light dessert and only make enough for the amount of guests you have so you don't have leftover cheesecake.