

LIFEWEIGH BARIATRICS SUPPORT GROUP NOTES



Holiday Entertaining Presented November 6, 2008 By Julie Ann Behluli, MPH, RD, LDN

This holiday season, give yourself the gift of better health

Being conscious of food intake, as well as committing to exercise during the holidays, will assist in helping you to maintain or even lose weight!

Party Food Makeovers:

Substitute the higher calorie version for the healthier choice listed below...

- Cheese & Crackers
 - Lower fat cheeses and whole grain crackers
- Finger Sandwiches
 - Lettuce wraps
- Salad - iceberg lettuce, croutons, bacon bits, salad dressing
 - Caprese salad – thick sliced tomatoes, fresh mozzarella, drizzle with flavored vinegar and olive oil and a garnish of basil
- Potato chips & sour cream dip
 - Whole wheat pita bread wedges and hummus or yogurt dip
- Celery and carrot sticks with dip
 - Veggie platter with new vegetables such as snow peas, grape tomatoes, scallions, mushrooms, artichoke hearts, orange, yellow, red or green peppers
 - Low fat dip or balsamic vinegar based dip
- Cakes and pies
 - Baked apples
- Cocktails
 - Mocktails
 - Punch – pomegranate juice, splash of orange juice. Float orange and lemon slices on top for eye appeal (*not ideal for gastric bypass patients*)

Lean Cooking Tips

- Substitute Canadian bacon, lean ham or smoked turkey in place of bacon
- Trim visible fat from meat and poultry
 - Removes some not all cholesterol, in lean part too!
- Cut the fat in half - remove skin from poultry
- Drain ground meat
 - Blot with paper towels
 - Rinse under hot water – can rinse 2-5 grams of fat per 3 oz serving!
- Brown meat in non stick skillet with little or no added fat
 - 2 Tablespoons (Tbs) oil = 240 calories from fat (28 grams)

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- Vegetable spray = 10 calories from fat (1 gram)
- Roast poultry on a rack so fat drips down and is not reabsorbed
- Use 2 egg whites = 1 egg
 - Breads, casseroles, cookies, cheesecake, pudding and other recipes
 - Exception recipes that require yolk such as puff pastry

Per a 3.5 oz serving - Deep Fried Turkey (12 grams fat) vs. Roasted Turkey (10 grams fat)

- The cooking oil must stay high 350 degrees for the entire process!
- If the cooking oil remains at 340 degrees or less, more oil seeps into the turkey meat, increasing fat content

Healthier for the Holidays

- Use broth (low sodium)
 - Use chicken broth instead of butter to lighten up the texture of mashed potatoes
 - Try fat-free half & half or fat-free buttermilk for a creamier texture
 - Use broth for stuffing too!
 - Vegetable broth is a great option for vegetarians
- Garlic is good for your health
 - Use liberally to season your turkey, mashed potatoes, green beans and other vegetables
- Serve vegetables
 - Carrots, beets, sweet potatoes and other yellow-orange vegetables contain beta-carotene
 - Tomatoes contain lycopene
 - Roast vegetables with a little olive oil, garlic, sea salt and herbs to make a simple high nutrient side dish
- Replace bread
 - Make a rice pilaf instead of stuffing or serve toasted whole grain baguette slices with a tomato-basil bruschetta
- Use fruit
 - Make a fruit salad or add fresh berries to a spinach salad
 - Blueberries, raspberries, blackberries and cranberries contain antioxidants
- Degreasing pan juices, soups and gravies
 - Remove fat from meat & poultry juices with a wide spoon or fat-separating pitcher
 - Refrigerate pan juices and soups before they are served, remove hardened fat
- Every tablespoon of fat you discard removes about 120 calories and 13 grams of fat!
- Low fat desserts
 - Use fat free evaporated milk instead of regular evaporated milk
 - Use egg substitutes instead of whole eggs (usually ¼ cup egg substitute = 1 whole egg)
 - To cut sugar, use 1 cup Splenda instead of 1 cup sugar

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Party Strategies

- Food is one of the pleasures of the holidays
- You do not have to avoid celebrations, plan ahead to make healthy choices

KEY ~ moderation and balance!

- Be realistic – strive to maintain weight
- Balance – continue to eat smaller meals during the day
- Take the edge off your hunger – eat a small snack before a party
- Don't rush to the food – greet people, conversation is calorie free!
- Ask for water with a lime twist – avoid the calories from alcohol
 - Remember – no carbonation!
- Don't park at the buffet table – move your socializing away from the food
 - Beware of unconscious nibbling.
- Limit one trip to the buffet table –
 - Be selective, choose protein foods first, vegetables second
 - Often just a taste satisfies a craving!
- Choose lower calorie party foods
 - Raw vegetables with dip
 - Shrimp or scallops with cocktail sauce or lemon
 - Go easy on the fried appetizers and cheese!
- If you bring a dish, make it healthy!
 - At least you know there will be something with fewer calories you can enjoy—and, you can spread the health!
- Sit down for dinner
 - Take smaller portions
 - Set your fork down in-between bites
- Hosting a party
 - Make over your menu items with fewer calories and fat
 - Good time to introduce a new family favorite
- Forget all-or-nothing mind set
 - Depriving yourself or making yourself feel guilty when you do indulge is not part of a healthy eating plan or the holiday spirit
- Have fun!
 - Sharing food is part of many celebrations
 - Enjoy traditional (and healthy) holiday foods with family and friends

WEBSITES to find healthy recipes:

www.betterrecipes.com

www.obesityhelp.com/forums/recipes

www.recipezaar.com

www.allrecipes.com

www.foodnetwork.com

www.low-fat-recipes.com

www.foodfit.com

www.lowfatlifestyle.com

Stay positive and have a plan. Make this holiday season a healthy one!