

Holiday Entertaining

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“Give a man a fish and you feed him for a day. Teach a man to fish and you feed him for a lifetime.”

- Unknown

“If you think you can or you think you can't, you're right.”

- Henry Ford

“A goal without a plan is just a wish.”

- Antoine de Saint-Exupery

This holiday season give
yourself the gift of better health

Avoid these pitfalls

- "I must try everything."
- "It's the holidays!"
- "I was out late at a holiday party and couldn't get up to go to the gym."
- "I haven't eaten that much."
- "I will exercise and eat healthfully beginning January 1st."

Being conscious of food intake,
as well as committing to
exercise during the holidays, will
assist in making weight gain
minimal!

Party Food Makeovers

- 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

Party Food Makeovers

- 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

Party Food Makeovers

- Cakes and pies

- Mini cupcakes and baked apples

- Cocktails

- Mocktails

- Punch – pomegranate juice, splash of orange juice. Float orange and lemon slices on top for eye appeal

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!

Lean Cooking Tips

- Brown meat in non stick skillet with little or no added fat
 - 2 T oil = 240 calories from fat (28 grams)
 - Vegetable spray = 10 calories from fat (1 gram)
- Roast poultry on a rack so fat drips down and is not reabsorbed

Lean Cooking Tips

Eggs provide protein and iron also contain cholesterol

- Use 2 egg whites = 1 egg
 - Breads, casseroles, cookies, cheesecake, pudding and other recipes
 - Exception recipes that require yolk such as puff pastry

EVER WONDER?

How the fat content of a deep-fried turkey compares to a roasted turkey?

- If cooking oil stays high (350 degrees) for entire frying process – it makes little difference!

EVER WONDER?

Compare a 3.5 oz portion with skin:
deep fried = 12 grams
roasted = 10 grams

HOWEVER – if the cooking oil remains at 340 degrees or less, more oil seeps into the turkey meat, increasing fat content

EVER WONDER?

JUST A NOTE ~

3.5 OZ PORTION OF ROASTED TURKEY
(WHITE OR DARK MEAT) WITHOUT THE
SKIN HAS 5 GRAMS OF FAT!

Healthier for the Holidays

- Broth (low sodium) makes it better
 - Use chicken broth instead of butter to lighten up the texture of mashed potatoes
 - May add a little fat-free half & half or fat-free buttermilk for a creamier texture
 - Use for stuffing too!
 - Vegetable broth is a great option for vegetarians

Healthier for the Holidays

- Garlic is good for your health
 - Use liberally to season your turkey, mashed potatoes, green beans and other vegetables
- Best vegetables in the cornucopia
 - 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

Healthier for the Holidays

- Giving thanks for our daily bread
 - Make a rice pilaf instead of stuffing or serve toasted whole grain baguette slices with a tomato-basil bruschetta
- Don't forget the fruit
 - Make a fruit salad or add fresh berries to a spinach salad
 - Blueberries, raspberries, blackberries and cranberries contain antioxidants

Healthier for the Holidays

- 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!

Healthier for the Holidays

■ Sensational skinny pies

- Try using low fat phyllo dough or a homemade graham cracker crust instead of traditional high fat butter or shortening crust
- Use fat free evaporated milk instead of regular evaporated milk
- Use egg substitutes instead of whole eggs (usually $\frac{1}{4}$ cup egg substitute = 1 whole egg)
- Make a cobbler instead of a pie

CELEBRATE!

- Food is one of the pleasures of the holidays
- Don't have to avoid celebrations OR accept a few extra party pounds
- REMEMBER – any food can fit into healthy eating plan

KEY ~ moderation and balance!

CELEBRATE!

PARTY STRATEGIES

- Be realistic – strive to maintain weight
- Balance – eat smaller meals during the day so you can enjoy celebration foods
- 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!

CELEBRATE!

PARTY STRATEGIES

- 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, small portions
 - Often a taste satisfies a craving!

CELEBRATE!

PARTY STRATEGIES

- 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

CELEBRATE!

PARTY STRATEGIES

- Sit down dinner
 - Take smaller portions
 - Especially if your host expects you to take seconds!
- Hosting a party
 - Make over your menu items with fewer calories and fat
 - Good time to introduce a new family favorite

CELEBRATE!

PARTY STRATEGIES

- 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 celebration
 - Enjoying traditional holiday foods with family and friends
- Do not need to destroy the healthful food habits you have developed all year long!

WEBSITES

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

Menu

Barbie – Turkey Meatloaf

Gail – Spanish Style Green Beans

Julie – Smashed Apples & Sweet Potatoes

Barb – Pumpkin Pudding

*Joey – Banana Blast & Super Banana
Blast Smoothie*