

Helpful Tips for Holiday Eating

6 Steps to (Mostly) Healthy Holiday Eating

1. Don't let liquids fool you
2. Work the room
3. Get your plate right
4. Be slow
5. Enjoy yourself
6. Stay active

Health Up Your Holiday Dishes

Recipe substitutions

- Use low sodium, fat-free chicken broth in your mashed potatoes to add flavor and use less butter or margarine or you can skip the butter/margarine altogether and use chicken broth, garlic or garlic powder and a little parmesan cheese.
- Substitute applesauce for margarine/butter in muffins and sweet breads like banana bread.
- Use fat-free yogurt and sour cream for dips and sauces.
- Instead of fried onion rings on green bean casserole, use sliced almonds for a tasty crunchy topping.
- Use reduced fat or low-fat cheese for salads and casseroles.
- Replace heavy cream with evaporated skim milk in cheesecakes and cream pies.

Cooking tips

- Refrigerate gravy- this hardens the fat so you can skim it off
- Healthy Holiday Nog: Four bananas, 1 ½ cups skim or soymilk, 1.5 cups plain nonfat yogurt, ¼ teaspoon rum extract. Blend everything until smooth and top with ground nutmeg.
- Instead of frosting, put fresh fruit, fruit sauce or a sprinkle of powdered sugar on top of cakes.

***There is always time to get back on track, remember that the most important thing about the holidays is enjoying time with family and friends.

Shira Hirshberg, MS, RD is available for individual nutrition counseling.

Find more information at www.PVDnutrition.com.

With any questions or to schedule an appointment, please get in touch through email at shirshberg@pvdnutrition.com or phone 401.617.9485.



Tips and Tricks for Holiday Eating. Prepared by Shira Hirshberg, MS, RD.

Sources: 1. Will Clower, P. D. (2006). The French Don't Diet Plan. New York: Crown Publishers.
2. Helpful Tips for Healthy Holiday Parties. Retrieved Nov 4, 2013, from <http://www.eatright.org/Public/content.aspx?id=11644>