



“12 Healthful Holiday Survival Tips”

If you think surviving on a deserted island is tough, try maintaining a healthful lifestyle during the hectic holiday season. Holidays bring with it more activity and disruption to regular meals and exercise patterns. The good news is you can plan ahead to avoid waist expansion during the holiday season by keeping these simple tips in mind.

Survival Tip #1

Don't Skip Meals

- Leads to over eating when you do eat
- Causes body to store as much fat and calories as it can
- Always eat breakfast, any time of the year.

Survival Tip #2

Party at home beforehand.

- Never go to a party hungry.
- Have a healthy snack before you leave
- Takes the edge off you appetite helping you to eat less

Survival Tip #3

Be the last in line.

- The visual power of a large amount of food stimulates the appetite
- Food does not look as appealing after others have went through the line, plus the amount of food to pick from is less so therefore you will eat less.

Survival Tip #4

Don't build a food tower.

- Use a salad plate or smaller plate.
 - Make it a rule not to stack foods on top of each other.
 - Avoid the second trip.
- “One trip, one plate, no tower”***

Survival Tip #5

Be a snob...a food snob that is.

- If you don't like it, don't eat it.
- Don't waste calories on food you can get all year long.

Survival Tip #6

Don't be a cow...(a “grazer”)

- Plate everything before you eat.
- Avoid hanging around the food table
- Socialize in another part of the room away from the food.



Survival Tip #7

Drink up—water that is.

- Water fills you up so you eat less
- Alternate between alcoholic beverages and non-caloric beverages at the party

Survival Tip #8

Have a minty mouth

- Pop a strong mint in your mouth or chew gum when done eating to avoid picking and grazing at the food

Survival Tip #9

Avoid oversized reindeer sweaters and elastic waisted pants.

- Loose clothing allow you to eat a lot of food without feeling discomfort.
- Wear snug fitting pants or skirt and wear a belt.

Survival Tip #10

Bring a healthy dish or treat.

- Then you know there will be something healthy for you to eat.
- Family and friends will appreciate too.

Survival Tip #11

Get moving!!

- Make time to be active.
- Aim for 30 minutes of exercise daily.
- Can't fit in 30 minutes, 10 minutes is better than nothing.
- Helps offset the extra calories from overeating, desserts, candy, sweets
- Great stress reliever during this hectic time of year.

Survival Tip #12

Lighten Up

- Make substitutions to your favorite recipes to lower the calories & fat
- Choose smaller portions of all foods eaten

Healthy Holiday (or any day) Swaps

Your recipe says	Use this instead	It's best used for
Butter	Soft, tub margarine	Spreading
Butter or margarine	Marshmallow crème	Frosting
Butter	Cooking spray and/or nonstick cookware	Baking, sautéing
Oil in baked goods	Unsweetened applesauce-equal amount	Quick breads, muffins, cakes
Oil in baked goods	Baby pureed prunes	Brownies, dark quick breads
Oil, egg, water in cake mix	Small can of pumpkin puree	Cake mixes
Whole or 2% milk	Skim milk	Any recipes
Buttermilk	15 TBSP skim milk + 2 TBSP lemon juice	Any recipes
Evaporated whole milk	Evaporated skim milk	Any desserts or sauces
Sweetened Condensed Milk	Low fat or fat free sweetened condensed milk	Any desserts or sauces
Half and Half or Heavy Cream	Evaporated skim milk; fat-free half and half	Any deserts or sauces
Whipped Cream	Whipped chilled evaporated skim milk or use reduced-fat whipped topping	Any desserts
Cheddar cheese	Very sharp or sharp cheddar cheese – use $\frac{3}{4}$ of the amount	Any recipes
Grated Parmesan cheese	Fresh shredded Parmesan cheese – use $\frac{3}{4}$ of the amount	Any recipes
Cream Cheese	Light or fat free versions or fat-free ricotta cheese	Baking (fat free version may produce a runny product)
Sour cream	Fat free or light sour cream; plain Greek yogurt	Dips, salad dressing, sauces
Sour cream	Equal parts low fat yogurt and low fat cottage cheese	Dips, salad dressing (puree in blender until smooth)
Mayonnaise & Salad dressing	Light or fat free versions; low fat or light plain yogurt; plain Greek yogurt	Dips, salad dressing, sauces
1 oz unsweetened baking chocolate	3 TBSP cocoa + 1 tsp. sugar + 1 $\frac{1}{2}$ tsp oil	Baking
Chocolate chips	Finely chopped dark chocolate or $\frac{1}{2}$ the amount of mini chocolate chips	Baking
Chopped nuts	$\frac{1}{2}$ the amount toasted to bring out the flavor	Baking
Shredded coconut (1 cup)	$\frac{1}{2}$ cup toasted coconut + $\frac{1}{2}$ tsp. coconut extract	Baking
White sugar	$\frac{1}{3}$ to $\frac{1}{2}$ less than amount in recipe; or equal amount of Splenda; or $\frac{1}{2}$ sugar and $\frac{1}{2}$ Splenda	Baking
Brown sugar	$\frac{1}{3}$ to $\frac{1}{2}$ less than amount in recipe	Baking

Your recipe says	Use this instead	It's best used for
White flour	$\frac{3}{4}$ to $\frac{1}{2}$ white flour and $\frac{1}{4}$ to $\frac{1}{2}$ whole-wheat flour	Baking
Salt	Salt free herbs and spices	Any recipes
Garlic salt	Garlic powder or fresh garlic	Any recipes
Onion salt	Onion powder or fresh onion	Any recipes
Whole egg	$\frac{1}{4}$ cup egg substitute or 2 egg whites	Baking; omelets
Pastas	Whole-wheat pasta	
White rice	Whole grain rice; Bulgur, Quinoa, Whole-Wheat Couscous	
Regular gelatin and pudding mixes	Sugar free gelatin and pudding mixes	

How Many Calories Am I Saving???

Use This	Don't Use This	Calories Saved
Sugar sub	Sugar	1 cup sugar=700 calories
1/4 cup egg white	1 egg	41 calories
1/2 cup applesauce	1/2 cup oil	908 calories
1/2 cup canned pumpkin	1/2 cup oil	919 calories
3/4 cup oil	1 cup oil	484 calories
1 cup broth	1 cup oil	1936 calories
1 cup light mayo	1 cup regular mayo	800 calories
1 cup fat free sour cream	1 cup regular sour cream	390 calories
1 cup evaporated skim milk	1 cup evaporated milk	140 calories
1 cup evaporated skim milk	1 cup heavy cream	472 calories
1 cup fat free egg nog	1 cup regular egg nog	164 calories
Grape-nuts	In place of half the amount of nuts in a recipe	320 calories
1 slice Pecan pie	1 slice pumpkin pie	316 calories
Cut pie into 10 pieces	Vs cutting pie into 8 pieces	Saves 20% of the calories
Cut pie into 12 pieces	Vs cutting pie into 8 pieces	Saves 33% of the calories

Calorie Cutting Swaps

Instead of:	Switch To	Save:
3 Bacon wrapped scallops	3 large shrimp with 3 tsp. cocktail sauce	About 114 calories
7 chips & 2 Tbsp. dip	1 cup salsa & unlimited veggies	About 185 calories
5 bone in chicken wings	8 shrimp with 1 Tbsp. cocktail sauce	About 300 calories
2 oz. cheese & 6 crackers	10 shrimp with 1 Tbsp. cocktail sauce	About 145 calories
1/2 c. cheese sauce / dip	1 cup salsa	About 200 calories
1/4 cup mixed nuts	10 olives	About 125 calories
6 oz dark meat turkey with skin	6 oz. white meat turkey, without skin	About 147 calories
4 oz. Prime Rib	4 oz. Glazed ham	About 430 calories
1 c. baked butternut squash	1 cup candied yams or sweet potatoes	About 258 calories
1 c. mashed potatoes	1 baked or roasted sweet potato	About 147 calories
1 cup sweet potato casserole	1 medium baked sweet potato	About 200 calories
1 buttermilk biscuit	1 dinner roll	About 101 calories
1 slice pecan pie	1 slice pumpkin pie	About 100 calories
1 slice apple or cherry pie	1 slice pumpkin pie	About 170 calories
1 slice chocolate cheesecake	3 chocolate truffles	About 268 calories
3 pieces chocolate fudge	1/2 c fruit dipped in lite chocolate syrup	About 150 calories
1 slice of 2 crusted fruit pie	Crust-less version	About 200 calories
1 cup eggnog	1 cup hot spiced apple cider	About 200 calories
1 cup eggnog	1 cup hot chocolate	About 150 calories
5 oz glass of wine	Wine spritzer– 1/2 wine & 1/2 club soda	About 60 calories
5 oz. White Russian	5 oz. white wine	About 240 calories

Recommended websites for healthy recipes:

www.livebetteramerica.com
www.deliciousdecisions.org
www.foodfit.com
www.readyseteat.com
www.splenda.com
www.truvia.com