



Healthier Holiday Cooking

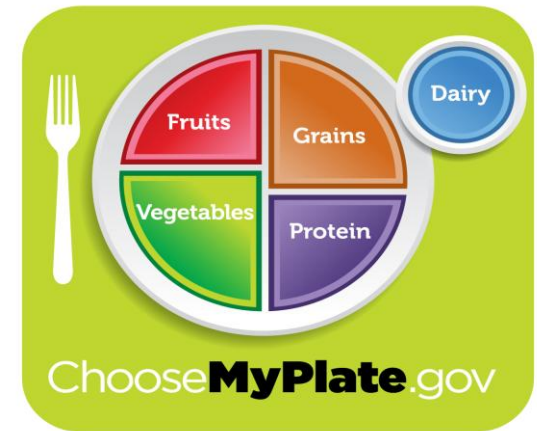
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Objectives

- Name one way you can incorporate whole grains in your holiday meal.
- List at least two ways to incorporate fresh fruits and veggies into your holiday meal.
- Describe ways to lower sodium in holiday cooking.
- Identify substitutions for holiday baking to lower fat and/or sugar.
- Recognize techniques to assist in portion control.

Healthy Holiday Cooking Tips

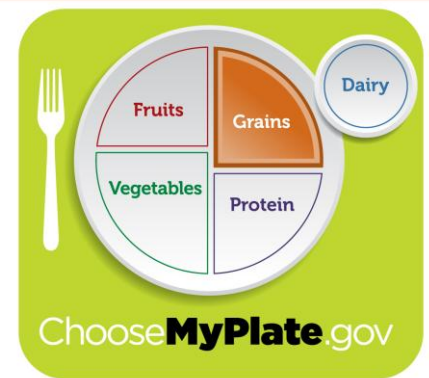
- Plan your meal in advance.
 - *Fail to Plan, Plan to Fail!*



- Use MyPlate as a guide to planning your meal.
- Use NuVal scores as you shop for your groceries.

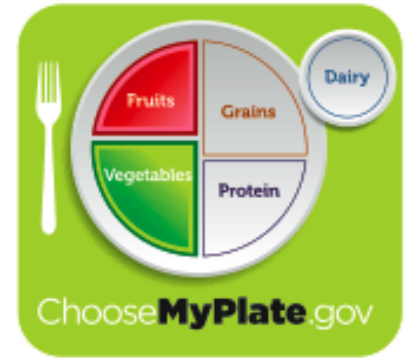


Holiday Starches






- *What starchy foods do you typically include at holiday meals?*
- Keep grains to $\frac{1}{4}$ of your plate.
- Focus on whole grains.
 - Try using whole grain bread in your stuffing this year. Add onions, celery, apples, dried cranberries or other fruits/veggies for more vitamins, minerals and fiber.

Fruits and Veggies



- Make half your plate fruits and veggies.
- Use fresh produce whenever possible.
 - Cranberries, apples, sweet potatoes, green beans, lettuce salad, etc.

<p>Ocean Spray® jellied cranberry sauce</p> 	 <p>1</p>	<p>Ocean Spray® fresh cranberries</p> 	 <p>100</p>
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Sodium

- Main sources of sodium
 - Meat (salt solutions)
 - Gravy
 - Green bean casserole
 - Mashed potatoes
 - Salt added to the table



Sodium: TIPS

- Use no-salt-added green beans and reduced-sodium cream of mushroom soup.
- Pass on the salt at the table.
- Use herbs and spices to flavor your dishes.

Hy-Vee®
canned green beans



55

Hy-Vee®
"No salt added"
canned green beans



100

Baking

- Choose whole grains.
 - Whole wheat flour
 - Oatmeal
 - Try something new!



Baking

- Cut down on sugar
 - Reduce by $\frac{1}{4}$ to $\frac{1}{3}$... no one will notice!
 - Increase flavorings (cinnamon and vanilla)
 - Artificial sweeteners



Baking

- Focus on FAT

- Fat-free evaporated milk.
- Fat-free or reduced-fat cream cheese.
- Use 2 egg whites in place of 1 egg.
- Butter: saturated
- Stick margarine → hydrogenated → trans
- Shortening → hydrogenated → trans
- Smart Balance® baking sticks: a good source of omega-3 fatty acids but they are not hydrogenated (0g trans fat per serving)
- Canola oil instead of vegetable oil (more omega-3s)



Baking

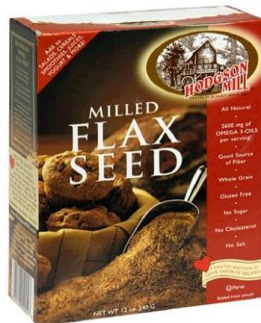
Lighten your desserts by substituting applesauce for oil.

This saves **940** calories! (1/2 cup)



Baking

- Add nutrients!
 - Nuts add healthy fats and fiber.
 - Dried fruit can add extra fiber. Look for dried fruit without added sugar.
 - Milled flax seed adds fiber and omega-3s
 - 3 tbsp flax = 1 tbsp oil
 - 1 tbsp flax + 3 tbsp water = 1 egg



Portion Control

- Mindful eating.
- Use MyPlate as a guide to appropriate portions.
- Cut desserts into smaller portions.
 - Slice your pie into ten pieces instead of eight.
 - Cut bars into bite-sized pieces.
- Make fewer varieties.
 - Fewer options equal fewer temptations!

Appetite Control

- Fiber
- Protein
- Appetizer Idea:
 - Fresh veggie tray with hummus



Liquid Calories

High-Calorie Beverages

- Eggnog
 - 500 calories
- Alcohol
- Punch
- Hot cider
- Hot cocoa

Low-Calorie Options

- Water
- “Light”
- “Diet”



Healthy Samples

- Whole wheat chocolate chip cookies
- Cranberry-Orange-Nut Cookies
- Brownies
- Low-calorie beverage
- Veggies and hummus



Next Session

- January 10th, 2012
- Topic: “What’s Working?”
 - Tips to Stay on Track
 - Lifestyle Change



...See you next year!



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“Making Lives Easier, Healthier, Happier...”