



From the Parish Nurse

Healthy Holiday Eating Tips

It's that time of year again! Time to trim the tree and get ready for all the delights of the season.

With all the gatherings and treats that we encounter it can be challenging to maintain your pant size through all the holiday feasts. Here are some tips for healthy holiday eating while also not depriving yourself of your holiday favorites.

Don't go to a party hungry. We will often eat faster and more when we are hungry. It is best to eat a wholesome breakfast and lunch on the day to avoid overeating at a party. For diabetics this will also prevent high and low of blood sugars.

Watch your portion. Treat yourself to a nice drink, dessert, chocolate or sweets without guilt but always watch your portion. Go for small portions and this way you can sample all of the different foods. Moderation is always the key.

Make a conscious choice to limit high fat items. High fat food items can be found in fried food, cream based soup, cheese filled casseroles, pies, processed meats such as salami and sausages, pastries and baked goods.

Try different versions of eggnog. Traditional eggnog is usually made with egg yolk and thick cream. You can search the Internet to find low fat eggnog alternatives. If you buy commercial eggnog, you will be delighted to find low-fat or fat-free eggnog out there - sometimes even soynog!

Try other versions of alcohol. Instead of beer, cider, Bailey's and Kahlua, try dry wine. Bloody Mary's or spirits with diet mixer will have fewer calories. Remember calories from alcohol tend to be stored in the abdomen. People who are overweight actually gain weight more easily when they consume alcohol. Moderation with alcohol is always the key to any holiday gathering.

Drink plenty of water. Alcohol and coffee can dehydrate your body. You will also tend to eat less if you have a full cup of water before a meal.

Physical Activity: take a brisk walk with your family or loved ones and enjoy their company this holiday season. Walking will help with burning extra calories and help with the digestion of a big holiday meal.

With controlled holiday eating you will feel better and enjoy the day of the party while also enjoying the days to follow.

Just think of all the new possibilities for New Year's Resolutions with not having weight loss at the top on your list!

Blood Pressure

Screening:

Sunday, Dec. 16
9:00 AM



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Substitutions to make your recipes lower in fat:

Recipe calls for:

Substitution:

1 whole egg.....	2 egg whites
Milk.....	skim or 1% milk
Sour cream.....	low fat sour cream or low fat plain yogurt
Ice cream.....	low fat frozen yogurt
Heavy cream (not for whipping).....	2 Tbs. flour whisked into 2 cups non-fat milk
Whipped cream.....	chilled evaporated skim milk or other low fat whipped products such as Nutriwhip
Cheese.....	low fat cheese - non-fat cheese will not melt well if used in cooking or baking

(Source: Health Castle.com "Healthy Holiday Eating Tips for Christmas", November 2005, Gloria Tsang R.D.)