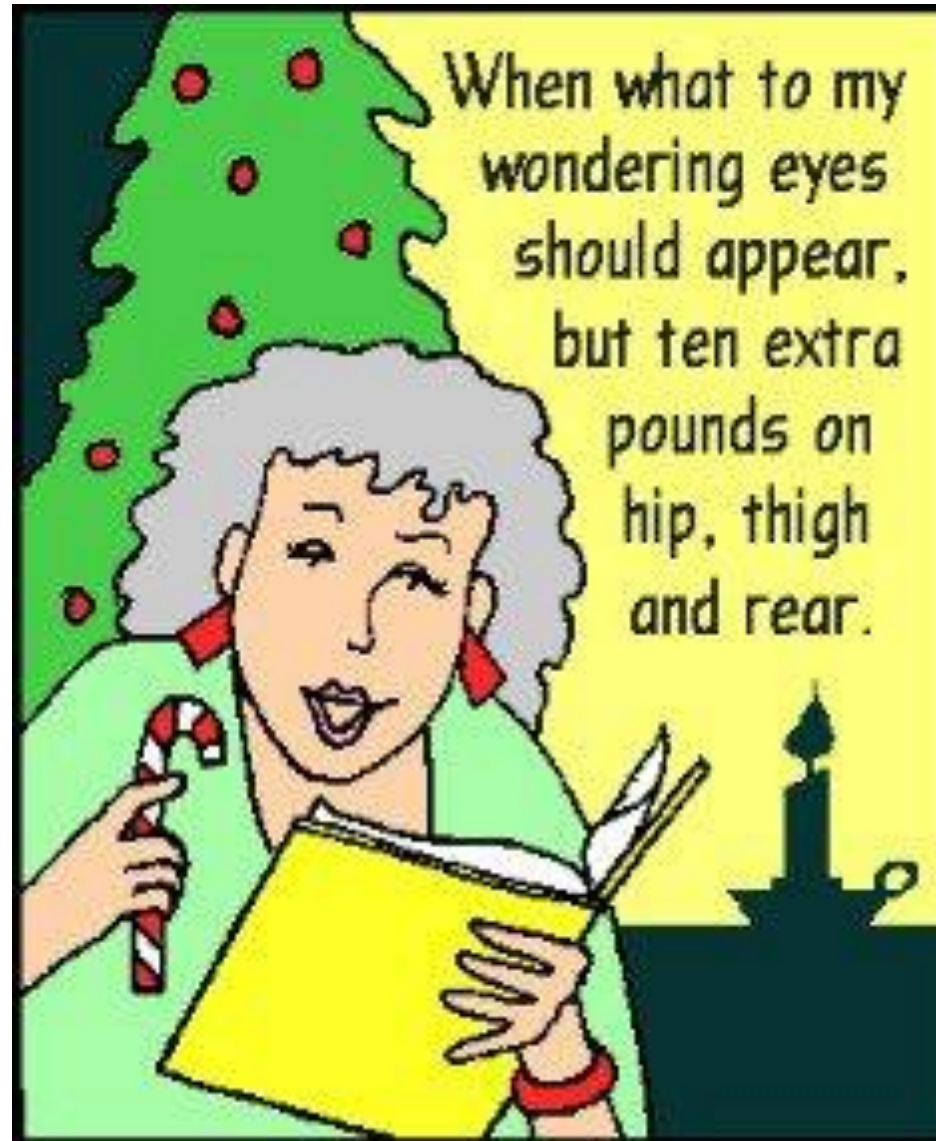


# Healthy Holiday Tips and Recipe Swaps

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TIPS

# Weight Maintenance vs. Weight Loss

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- The average American gains ~5 pounds over the holidays
- Focusing on maintaining weight rather than losing is more realistic for most
- Don't plan to start a diet January 1<sup>st</sup>
  - Last Supper eating





# Portion Control

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- Pick your favorites
- Wait 10 minutes before going for seconds
- Use a smaller plate



# Eat Regular Meals

- Don't try to “save up” for an event
- Don't arrive empty
- Plan for your normal eating pattern





## Beware of Drink Calories

- Drink water with meals
- Mix sparkling water with alcohol for a lighter cocktail
- Alternate drinks with water

# Stay Active

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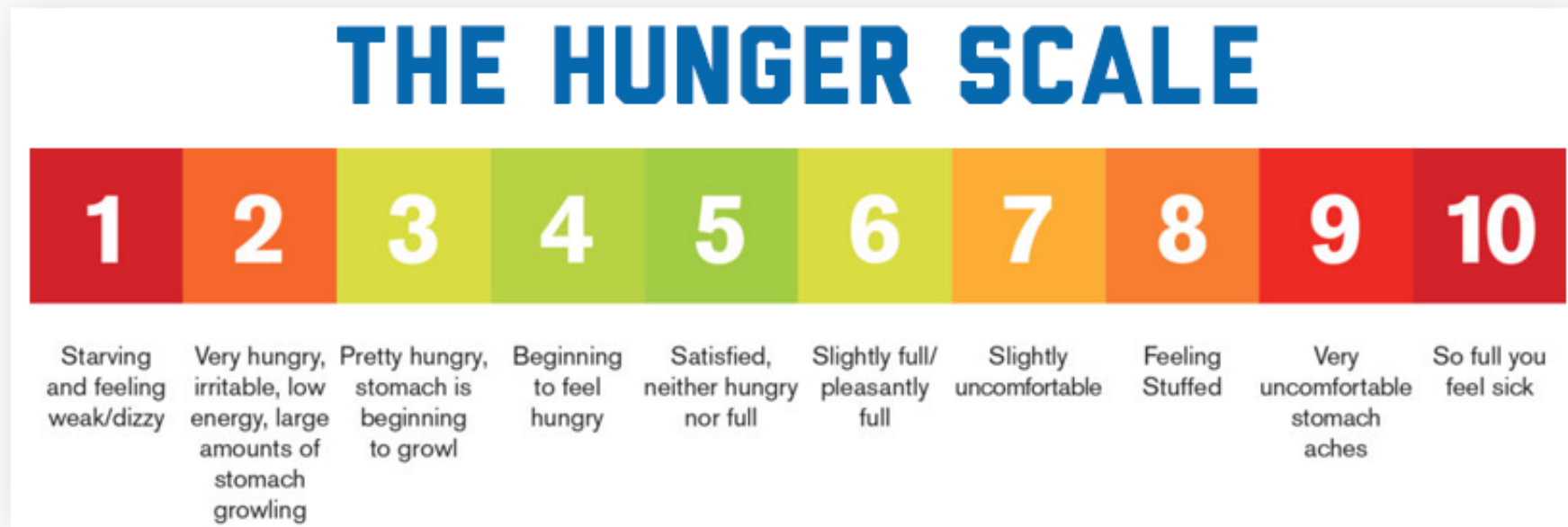


- Go for a walk
- Sledding
- Snowball fight
- Indoor workouts
- Dance



# Be Mindful

- Enjoy the foods you don't have all year round, but don't over do it
- Aim to eat for hunger





# Mindful Eating Exercise

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- Pick up your wrapped chocolate but don't unwrap it yet.
- Place it in the palm of your hand and notice the colors and shapes on the package. Feel the weight of it in your hand. Examine it.
- If your mind starts to wander and think about other things, that's ok. Notice the thoughts and bring your attention back to the chocolate.
- Now begin to slowly open the wrapper. Listen for the sounds of the wrapper tearing. Notice the movement of your hand, fingers, and arm muscles as you open the chocolate.
- You may hear other people or other noises in the room. Notice the sounds and bring your attention back to the chocolate.
- Raise the chocolate to your nose and smell the chocolate. Slowly breathe in several times and focus on the different smells. Does smelling the chocolate trigger anything else in your body?
- Is your mouth watering? Are you having any thoughts, "Hurry up and let me eat the chocolate!" "What's taking so long?" If so, notice them and bring your attention back to smelling the chocolate.
- Now slowly take a small bite of the chocolate, but do not chew it or swallow it. Notice the feeling and taste of the chocolate in your mouth. How does it feel as it melts? Notice the taste and sensations of the chocolate on your tongue. Move the chocolate around in your mouth. Try to notice the moment where you feel like you want to swallow. Slowly swallow the chocolate, focusing on the sensations. Notice any lingering tastes or sensations.



# Swaps

# Food Swaps

Mashed Potatoes → Cauliflower Mash



214 calories → 33 calories  
(1 cup)



# Food Swaps

Green Bean Casserole → Sautéed Green Beans



120 calories → 34 calories  
(1/2 cup)

# Food Swaps

Sweet Potato Casserole → Roasted Sweet Potatoes



313 calories → 95 calories  
(1/2 cup)

# Food Swaps

Canned Cranberry Sauce → Homemade Cranberry Sauce



110 calories → 82 calories  
(1/4 cup)



# Food Swaps

Apple Pie → Baked Apples



512 calories → 100 calories  
(1 slice/ 1 cup)



# Food Swaps

Eggnog → Sparkling Vodka Cranberry



390 calories → 152 calories

# Food Swaps

1659 calories → 496 calories

If you made all of the previous swaps, you'd cut out  
**1163** calories!!



# Ingredient Swaps

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All-purpose flour → whole wheat or oat flour

Oil → applesauce or Greek yogurt

Butter → avocado

Sugar → honey (or less sugar)

Cream → skim milk





# Example – Pumpkin Bread

## Ingredients

- 1 cup pumpkin puree
- 1 egg
- 1 cup sugar → ¼ cup honey
- ¼ cup oil → ¼ cup Greek yogurt
- 1 tsp. vanilla
- 1½ tsp. cinnamon
- ½ tsp. nutmeg
- 2 cups all-purpose flour → 1½ cup oat flour
- 1 tsp. baking soda
- ¼ tsp. salt





# Pumpkin Bread Nutrition

## **Original**

Calories: 193

Fat: 5g

Carbs: 33g

Sugar: 17g

Protein: 3g

Fiber: 0g

## **With Swaps**

Calories: 73

Fat: 1g

Carbs: 13g

Sugar: 6g

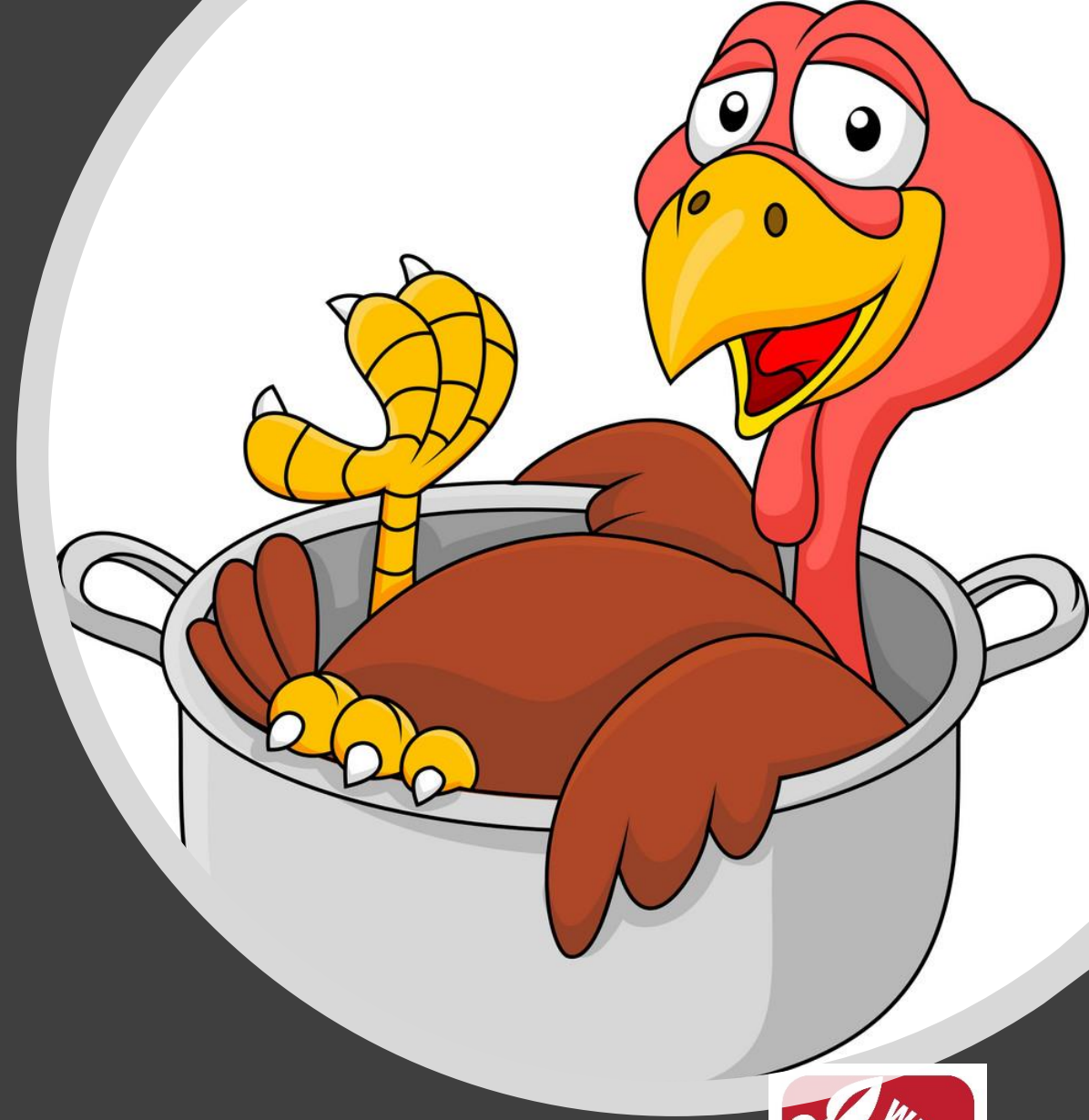
Protein: 3g

Fiber: 1g



# Take Home Message

- Savor the things you enjoy
- Practice portion control
- Stay active



# Recipes



# Cauliflower Mash

## INGREDIENTS

- 1 head cauliflower
- 1/8 cup skim milk
- 2 cloves garlic, chopped
- Pepper, to taste
- 2 teaspoons butter or spread (optional)
- Sprinkle Parmesan cheese

## INSTRUCTIONS

- Steam cauliflower until tender when poked with a fork. Place cauliflower (pieces), skim milk, garlic, pepper and butter (if using) in a blender. Blend until smooth. Place mixture in a small baking dish and sprinkle with Parmesan and paprika, if desired





# Sautéed Green Beans

## INGREDIENTS

- 1 tablespoon olive oil
- 1 lb. green beans, trimmed
- 3 garlic cloves, very finely minced
- 1/2 teaspoon sea salt

## INSTRUCTIONS

- Heat a large pan over high heat. When it's hot, add the oil and green beans. Cook the green beans, tossing occasionally, until soft and starting to blister and turn black in a few spots, about 5 minutes.
- Add the garlic to the pan and cook the beans for 1 minute more. Remove the pan from the heat and toss with the sea salt.



# Brown Sugar Roasted Sweet Potatoes

## INGREDIENTS

- 4 TBSP unsalted butter melted
- 2 TBSP light brown sugar packed
- 1/2 tsp cinnamon
- 1/2 tsp kosher salt
- 1/4 tsp cayenne pepper
- 2 large sweet potatoes peeled and cut into 1/2 inch cubes

## INSTRUCTIONS

- Preheat your oven to 450 degrees. Line a baking sheet with aluminum foil.
- Melt the butter in a microwave safe bowl. Mix the brown sugar, cinnamon, salt, and cayenne pepper into the butter.
- Spread the potatoes on the lined baking sheet. Toss with the butter mixture until the potatoes are completely coated. Bake 20 to 25 minutes, stirring once halfway through.



# Homemade Cranberry Sauce

## INGREDIENTS

- 12 ounces (1 bag) fresh cranberries
- ½ cup honey or maple syrup
- ½ cup water
- Zest of 1 medium orange

## INSTRUCTIONS

- First, rinse the cranberries well and drain off excess water. Pick through the cranberries and discard any squishy ones.
- In a medium saucepan, combine the cranberries, honey and water. Bring the mixture to a boil over medium-high heat, then reduce heat to medium-low and cook, stirring occasionally, until the cranberries have popped and the mixture has thickened to your liking, about 5 to 10 minutes.
- Remove the pot from heat and stir in the orange zest. If you'd like to add cinnamon or orange juice, add it now. Taste and, if the mixture is too tart (keeping in mind that cranberry sauce is supposed to be a little tart!), add more orange juice, honey or maple syrup to taste.
- The sauce will continue to thicken as it cools. It will keep in the refrigerator, covered, for up to 2 weeks.



# Simple Baked Apples

## INGREDIENTS

- 5 medium apples, peeled and cut into chunks
- 2 tablespoons butter or coconut oil, melted
- 1 teaspoon cinnamon

## INSTRUCTIONS

- Preheat the oven to 350 degrees.
- Put the apples in a small to medium baking dish. Mix the melted butter or coconut oil and cinnamon together and then dump it on the apples. Toss well to coat all the apples evenly with the cinnamon mixture.
- Bake in the preheated oven until the apples are soft, about 20-30 minutes. Stir once during the baking time. Enjoy!





# Sparkling Vodka Cranberry with Lime

## INGREDIENTS

- 1 shot (1.5 ounces) vodka
- 2 shots (3 ounces) cranberry juice
- splash of lime juice
- Lime La Croix sparkling water
- fresh cranberries (or sugared cranberries)
- Ice

## INSTRUCTIONS

- Add vodka, cranberry juice and lime juice into a shaker with ice. Shake to combine.
- Pour mixture over ice and top off with sparkling water. Toss a few cranberries into the glass and garnish with a lime slice.

