

# Holiday Entertaining

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“Give a man a fish and you feed him for a day. Teach a man to fish and you feed him for a lifetime.”

- Unknown

“If you think you can or you think you can't, you're right.”

- Henry Ford

**“A goal without a plan is just a wish.”**

**- Antoine de Saint-Exupery**

This holiday season give  
yourself the gift of better health

# Avoid these pitfalls

- “I must try everything.”
- “It’s the holidays!”
- “I was out late at a holiday party and couldn’t get up to go to the gym.”
- “I haven’t eaten that much.”
- “I will exercise and eat healthfully beginning January 1<sup>st</sup>.”

Being conscious of food intake,  
as well as committing to  
exercise during the holidays, will  
assist in making weight gain  
minimal!

# Party Food Makeovers

- Cheese & Crackers
  - Lower fat cheeses and whole grain crackers
- Finger Sandwiches
  - Lettuce wraps
- Salad - iceberg lettuce, croutons, bacon bits, salad dressing
  - Caprese salad – thick sliced tomatoes, fresh mozzarella, drizzle with flavored vinegar and olive oil and a garnish of basil

# Party Food Makeovers

- Potato chips & sour cream dip
  - Whole wheat pita bread wedges and hummus or yogurt dip
- Celery and carrot sticks with dip
  - Veggie platter with new vegetables such as snow peas, grape tomatoes, scallions, mushrooms, artichoke hearts, orange, yellow, red or green peppers
  - Low fat dip or balsamic vinegar based dip

# Party Food Makeovers

- Cakes and pies
  - Mini cupcakes and baked apples
- Cocktails
  - Mocktails
  - Punch – pomegranate juice, splash of orange juice. Float orange and lemon slices on top for eye appeal

# Lean Cooking Tips

- Substitute Canadian bacon, lean ham or smoked turkey in place of bacon
- Trim visible fat from meat and poultry
  - Removes some not all cholesterol, in lean part too!
- Cut the fat in half - remove skin from poultry
- Drain ground meat
  - Blot with paper towels
  - Rinse under hot water – can rinse 2-5 grams of fat per 3 oz serving!

# Lean Cooking Tips

- Brown meat in non stick skillet with little or no added fat
  - 2 T oil = 240 calories from fat (28 grams)
  - Vegetable spray = 10 calories from fat (1 gram)
- Roast poultry on a rack so fat drips down and is not reabsorbed

# Lean Cooking Tips

Eggs provide protein and iron also contain cholesterol

- Use 2 egg whites = 1 egg
  - Breads, casseroles, cookies, cheesecake, pudding and other recipes
  - Exception recipes that require yolk such as puff pastry

# EVER WONDER?

How the fat content of a deep-fried turkey compares to a roasted turkey?

- If cooking oil stays high (350 degrees) for entire frying process – it makes little difference!

# EVER WONDER?

Compare a 3.5 oz portion with skin:  
deep fried = 12 grams  
roasted = 10 grams

**HOWEVER** – if the cooking oil remains at 340 degrees or less, more oil seeps into the turkey meat, increasing fat content

# EVER WONDER?

JUST A NOTE ~

3.5 OZ PORTION OF ROASTED TURKEY  
(WHITE OR DARK MEAT) WITHOUT THE  
SKIN HAS 5 GRAMS OF FAT!

# Healthier for the Holidays

- Broth (low sodium) makes it better
  - Use chicken broth instead of butter to lighten up the texture of mashed potatoes
  - May add a little fat-free half & half or fat-free buttermilk for a creamier texture
  - Use for stuffing too!
  - Vegetable broth is a great option for vegetarians

# Healthier for the Holidays

- Garlic is good for your health
  - Use liberally to season your turkey, mashed potatoes, green beans and other vegetables
- Best vegetables in the cornucopia
  - Carrots, beets, sweet potatoes and other yellow-orange vegetables contain beta-carotene
  - Tomatoes contain lycopene
  - Roast vegetables with a little olive oil, garlic, sea salt and herbs to make a simple high nutrient side dish

# Healthier for the Holidays

- Giving thanks for our daily bread
  - Make a rice pilaf instead of stuffing or serve toasted whole grain baguette slices with a tomato-basil bruschetta
- Don't forget the fruit
  - Make a fruit salad or add fresh berries to a spinach salad
  - Blueberries, raspberries, blackberries and cranberries contain antioxidants

# Healthier for the Holidays

- Degreasing pan juices, soups and gravies
  - Remove fat from meat & poultry juices with a wide spoon or fat-separating pitcher
  - Refrigerate pan juices and soups before they are served, remove hardened fat
- Every tablespoon of fat you discard removes about 120 calories and 13 grams of fat!

# Healthier for the Holidays

## ■ Sensational skinny pies

- Try using low fat phyllo dough or a homemade graham cracker crust instead of traditional high fat butter or shortening crust
- Use fat free evaporated milk instead of regular evaporated milk
- Use egg substitutes instead of whole eggs (usually  $\frac{1}{4}$  cup egg substitute = 1 whole egg)
- Make a cobbler instead of a pie

# CELEBRATE!

- Food is one of the pleasures of the holidays
- Don't have to avoid celebrations OR accept a few extra party pounds
- REMEMBER – any food can fit into healthy eating plan

KEY ~ moderation and balance!

# CELEBRATE!

## PARTY STRATEGIES

- Be realistic – strive to maintain weight
- Balance – eat smaller meals during the day so you can enjoy celebration foods
- Take the edge off your hunger – eat a small snack before a party
- Don't rush to the food – greet people, conversation is calorie free!

# CELEBRATE!

## PARTY STRATEGIES

- Ask for water with a lime twist – avoid the calories from alcohol
  - Remember – no carbonation!
- Don't park at the buffet table – move your socializing away from the food
  - Beware of unconscious nibbling
- Limit one trip to the buffet table –
  - Be selective, small portions
  - Often a taste satisfies a craving!

# CELEBRATE!

## PARTY STRATEGIES

- Choose lower calorie party foods
  - Raw vegetables with dip
  - Shrimp or scallops with cocktail sauce or lemon
  - Go easy on the fried appetizers and cheese!
- If you bring a dish, make it healthy!
  - At least you know there will be something with fewer calories you can enjoy

# CELEBRATE!

## PARTY STRATEGIES

- Sit down dinner
  - Take smaller portions
    - Especially if your host expects you to take seconds!
- Hosting a party
  - Make over your menu items with fewer calories and fat
  - Good time to introduce a new family favorite

# CELEBRATE!

## PARTY STRATEGIES

- Forget all-or-nothing mind set
    - Depriving yourself or making yourself feel guilty when you do indulge is not part of a healthy eating plan or the holiday spirit
  - Have fun!
    - Sharing food is part of many celebration
    - Enjoying traditional holiday foods with family and friends
- Do not need to destroy the healthful food habits you have developed all year long!

# WEBSITES

[www.betterrecipes.com](http://www.betterrecipes.com)

[www.obesityhelp.com/forums/recipes](http://www.obesityhelp.com/forums/recipes)

[www.recipezaar.com](http://www.recipezaar.com)

[www.allrecipes.com](http://www.allrecipes.com)

[www.foodnetwork.com](http://www.foodnetwork.com)

[www.low-fat-recipes.com](http://www.low-fat-recipes.com)

[www.foodfit.com](http://www.foodfit.com)

[www.lowfatlifestyle.com](http://www.lowfatlifestyle.com)

## *Menu*

*Barbie – Turkey Meatloaf*

*Gail – Spanish Style Green Beans*

*Julie – Smashed Apples & Sweet Potatoes*

*Barb – Pumpkin Pudding*

*Joey – Banana Blast & Super Banana  
Blast Smoothie*