

Eat Right...
Holiday Eating Tips



Holiday Recipe Tips

- ❖ Spray pans with non-stick cooking spray instead of greasing pans with butter or shortening
- ❖ When baking replace half of the oil with applesauce to reduce the fat
- ❖ Use marshmallow crème in frosting instead of butter or margarine
- ❖ Substitute one whole egg for two egg whites when baking
- ❖ Prepare recipes with low-fat cheeses
- ❖ Instead of heavy cream, use evaporated skim milk
- ❖ Replace sour cream with equal amounts of fat-free plain yogurt
- ❖ Instead of traditional pie crusts, try using finely crushed cinnamon graham crackers
- ❖ Make angel food cake and decorate it with lite cool whip and fresh fruit for a fat-free dessert



Holiday Party Pointers

- ❖ Plan ahead, eat light during other meals to balance the calories and fat in the party food
- ❖ Have a low-fat, low-calorie snack before leaving for the party to curb your appetite
- ❖ Prepare a healthy appetizer to bring to the party, like a veggie or fruit platter
- ❖ Arrive fashionably late so you do not eat as much
- ❖ Bring a friend along to hold you accountable for how much you are consuming
- ❖ It's OK to be picky, select only the foods you *really* want from the buffet table
- ❖ Drink diet or club soda instead of high calorie drinks like eggnog or regular sodas
- ❖ Wait ten minutes before going back for seconds to decide if you really are still hungry
- ❖ Socialize away from the buffet table and other sources of food and drinks



Holiday Shopping Pointers

- ❖ Park your car far away from the shopping mall to expend more calories
- ❖ Start your shopping in the mall at the furthest shop to add more steps
- ❖ Take the stairs instead of the escalator or elevator
- ❖ Go shopping after you eat a meal to curb your appetite
- ❖ Do not be tempted by the food court
- ❖ Pack snacks and drinks such as an apple, nuts, and bottled water


















FITCITYCHALLENGE

Healthy Holiday Gift Baskets



The holiday season is upon us and that means it is time to send gifts to our clients, family, or friends. This year, instead of sending cookies and chocolate, consider some of these creative and healthy ideas.

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|  Breakfast | Fill a basket with fruit preserves and fruit based syrups, whole grain pancake mix, canned blueberries, assorted coffee, or teas. |
|  Jam & Bread | Purchase loaves of bread from a bakery and put together with an assortment of all fruit preserves, displayed on a wood cutting board. |
|  Spa | Fill a basket with lotions, soaps, and aromatherapy candles. |
|  Fruit & Nuts | Purchase a fruit basket from the local grocery store and add in gourmet nuts such as walnuts, pistachios, or almonds. |
|  Coffee & Tea | An assortment of coffees and teas, honey, travel mugs, and a tea strainer or French press coffee maker. |
|  Golf | Fill a basket with golf balls, tees, golf towels, gloves, and gift cards to golf courses. |
|  Fishing | Lures & weights, fishing hats, fishing line, map of local fishing spots with fishing schedule, packages of bait packaged in a tackle box. |
|  Sports Fan | A bag of their favorite team's items such as hats, jerseys, car flags, seat cushions, noise makers, and tickets to a game. |
|  NASCAR Fan | Hats, sunscreen, t-shirts, seat cushions, key chain, car flags, Speedway Gift Card and Ear Plugs. |
|  Car Care | Carwash gift cards, shop towels, tire pressure gauge, coupons for oil changes or gift cards to auto parts store, sponges, brushes and car cleaning materials, in a bucket. |
|  Tool Box | Assortment of tools, nails and screws, picture hanging fasteners, a level, tape measure, gift card to home improvement store in a five gallon bucket with a canvas insert to hold all the tools. |
|  Gardening | Gloves, pruning sheers, trowel, knee pads, sunscreen, hat with gift card to local nursery in a gardening tote. |
|  Exercise | Variety of fitness bands, yoga mat, fitness ball, hand weights, pedometer, socks, and a sports bottle. |

More Ideas:

- **Donate a fruit tree or herb garden.** If they have their own property donate a fruit tree, if not, then an herb garden can be grown indoors or on a patio. They will benefit from this gift all year long.
- **Donate to a cause on behalf of the recipient.** Choose a cause they would enjoy supporting and make a donation in their name.
- **Donate your time.** Offer to help clean their house, rake leaves, weed their garden, watch their children, or repair a household item. Sometimes the best gifts really are free!