



Healthy Holidays

Eating healthy and exercising during the holiday season can be difficult with all the hustle and bustle, especially when family and friends get together to enjoy favorite holiday goodies. Here are some ways to help you enjoy your holiday in a healthier way.

Active Holiday Traditions

Start healthy holiday traditions to help relieve stress from the season and keep your body active. Try some of these ideas to find a new active tradition.

- ❁ **Plan a fun outdoor activity**—go sledding, ice skating, skiing, or snowshoeing.
- ❁ **Deck the halls**—get out decorations and lights to make your house festive inside and out. Involve everyone with a decorating job according to their age and ability.
- ❁ **Play in the snow**—snowmen, snow angels, and snow ball fights are just a few things you can do in the snow.
- ❁ **Go caroling**—sing, have fun, and get some physical activity while walking around the neighborhood caroling your favorite holiday tunes.
- ❁ **Move around after dinner**—head outside for a game of football, go for a walk, or play an active indoor game such as musical chairs or Twister.
- ❁ **Get healthy for charity**—participate in a local charity fun run or volunteer to help at your local food pantry.



Healthy Holiday Eating With Children

You spend the whole year encouraging healthy eating habits with children, and then the holidays sneak up along with all the cookies, candies, and cakes. Use these ideas to help keep children eating healthy throughout the holidays.

- ❁ **Start healthy holiday traditions**—make a healthy soup with homemade wheat bread instead of scones with butter and honey. Healthy eating habits will help children have energy instead of feeling sluggish and low in energy.
- ❁ **Involve children in the process**—sit down with children and have them help think of healthy snacks to have around during the holidays. Ideas may include pomegranates, oranges, or hummus with whole wheat crackers.
- ❁ **Limit opportunities to indulge**—enjoy healthy foods at home and allow children to enjoy goodies and treats at parties and special get-togethers. Limit the amount of treats in your home.
- ❁ **Make healthy alternatives**—find healthier recipes or use healthy substitutes when making your favorite holiday foods.
- ❁ **Be prepared**—go to a party after eating a healthy dinner or snack so you and the children will eat less unhealthy food because you are not as hungry. Offer to bring a healthy dish so you and others have a healthy option.





Instead of This, Substitute With This for a Healthier Holiday Meal	
All-purpose flour	Use half the usual amount and replace the other half with whole wheat flour. Consider using whole white wheat flour because it is more finely ground and gives a lighter texture with all the same benefits of regular whole wheat flour.
Buttermilk, 1 cup	1 cup skim milk + 1 tablespoon vinegar or lemon juice (let the mixture set 5 minutes before adding to other ingredients).
Cheese	Low-fat cheese. Also, try decreasing the amount of cheese used and use stronger flavored cheese to add great flavor. Instead of one cup cheddar cheese use 3/4 cup extra sharp cheddar.
Whole eggs	Replace with some egg whites. For every two whole eggs in a recipe, use one whole egg and two egg whites.
Ground beef	Use lean or extra lean ground beef, chicken, or turkey breast. You can also cook the meat, drain, and run under warm water to rinse extra fat.
Heavy cream	Use evaporated skim milk, light cream, or half-and-half.
Butter and shortening	Replace with healthier fats such as olive, canola, soybean, sunflower, safflower, sesame, peanut, and cottonseed oils. In baking, replace 1/2 with applesauce.
Nuts	Toast and use fewer nuts. This enhances the flavor with fewer calories.
Oil	Use 2/3 - 3/4 of what the recipe calls for. If making a sweet bread, cut the oil in half and replace it with applesauce, mashed banana, canned pumpkin, or pureed plums. Don't skimp on oil when making yeast breads or pie crusts.
Salt	Reduce salt in recipes and add different herbs and spices for flavoring. Try salt free herb blends and buy lower sodium sauces, condiments, and canned foods.
Sour cream	When baking, try plain, low-fat yogurt or nonfat sour cream. Nonfat sour cream turns sweet when heated, so use low-fat instead of nonfat in savory casseroles.

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