

## HOLIDAY GUIDE TO EATING RIGHT

Choose the right foods.

**Turkey – Turkey is one of the healthiest items to put on your plate this holiday season! White meat roasted turkey is packed with quality lean protein and is low in fat and calories.**

Take the skin off roasted turkey to save 10 calories and 2 grams of fat per ounce of meat.<sup>1</sup>  
Avoid frying or deep-frying your turkey to save fat and calories.

Select light meat over dark meat. Light meat is leaner and contains less fat than dark meat. Dark cuts include thighs or legs, wings and drumsticks. Turkey breast is considered light meat.

**Sides – Sides contain more calories and fat per serving than any other part of the meal, including turkey! Use portion control when selecting your side.**

Creamy, sweet and fat-laden sides can be delicious, but they can also contain the most calories in the meal. Examples of side dishes high in calories, fat, and sugar include:

- Stuffing
- Biscuits, rolls, croissants
- Mashed potatoes and gravy
- Green bean casserole
- Creamed corn, spinach or greens
- Sweet potato casserole
- Macaroni and cheese
- Hors d'œuvres or appetizers (cheese and crackers, meatballs, fried pastries, full-fat cheeses, cream cheese or sour cream-based dips or spread)
- Desserts (pies, cheesecake, puddings, cookies and cakes)

Use portion control when choosing sides. Stick to a ½-cup serving of cream-based soups, potato dishes, green bean casserole, creamed corn, macaroni and cheese or sweet potato casserole.

Go easy on the gravy and sauces. A ½-cup serving of turkey gravy contains 80 to 100 calories and 4 to 6 grams of fat.<sup>1</sup>

Survey your options. Take a small portion of your favorite side dishes and a smaller amount of others you may like to try. Attempting to try every side dish could lead to overeating.

If you are following a special diet such as diabetic, renal or heart-healthy, choose foods in the right amounts that are appropriate for your condition. Consult a registered dietitian in your area for recipes and guidelines on how to eat with your condition.

**Desserts – Did Grandma make six kinds of pie this year?  
No problem! Choose wisely and enjoy dessert without  
going overboard.**

Take one piece of your favorite dessert and enjoy it! Remember to eat slowly. Do not go back for extra slices of your favorite pie, or try all the cookies on the tray – choose one and be done.

If you would like to try several desserts, ask to share with a friend or relative. This way you can try more than one item but you'll each eat less.

Are you diabetic? Make a diabetic-friendly dessert for your Thanksgiving meal. This will help you avoid blood sugar spikes and give you a sweet treat to look forward to. For easy diabetic-friendly dessert ideas, visit the American Diabetes Association recipe page:

<http://www.diabetes.org/mfa-recipes/recipes/>

**Holiday Beverages – Drinks are a festive part of the meal. Regardless of whether you drink alcohol, avoid higher-calorie beverages that can outdo your calories for the day.**

Better holiday drink choices: wine, light beer, light eggnog, black coffee, unsweetened iced tea, and cocktails made with seltzer water, diet tonic water, 100% fruit juice, or diet soda

Worse holiday drink choices: regular beer, regular eggnog, sweetened coffees, sweet tea, ciders, and cocktails made with regular soda, sweet and sour mix, syrups, or drink mix concentrate

Remember, alcohol can cloud your judgment and lead to overindulgence.

### Thanksgiving Day Strategy

#### 1. Start the day off right

Don't wait to eat until the big meal. Have a healthy breakfast to keep you focused and prevent overeating throughout the day. Choose whole-grain cereal, whole-wheat toast or oatmeal. Add fresh fruit to your plate. Add two tablespoons of peanut butter or an egg for added protein to keep you full.

#### 2. Stay active during the day.

Get the family together in the backyard for a game of football, catch or Frisbee. Go for a walk or a hike. Stand in the kitchen when preparing food instead of sitting at the table. Sign up for a "turkey trot" and walk or run a 5K that morning. Not only will staying active help you build up an appetite, it will create many fun memories!

### 3. *Don't snack on high-calorie items*

Family get-togethers likely mean lots of food before the meal, when you are cooking and catching up. Appetizers like stuffed mushrooms, chips, meatballs, potato skins, crackers and cheese are all high in fat and calories. Instead, choose lower-calorie snacks. Set out fresh vegetables, fruit, and lower-calorie salty snacks like low-fat popcorn, pretzels, or chips and salsa. Instead of sausage and cheese on crackers, consider beef or venison jerky, which is a lower-fat option. Make dips and spreads with plain low-fat or Greek yogurt instead of sour cream, and choose Neufchatel cheese over cream cheese to save 5 grams of fat and almost 50 calories per tablespoon.<sup>1</sup>

### 4. *Enjoy the meal*

Thanksgiving is a special time to enjoy good company and food. Take your time to eat. Enjoy every bite. You do not need to be completely “stuffed” to be full and satisfied. Make one trip through the buffet and select favorite foods that fill up only one regular, 12-inch diameter plate. Leave room for one dessert, and enjoy your meal!

### 5. *Move after the meal*

Some activity, even a small amount, helps stabilize blood sugar after eating. Instead of taking a nap on the couch, help clean up dishes or go for a walk. Start another game of catch in the backyard. Moving your body helps you use some of the calories in the food you just consumed. This will keep you from feeling sleepy.

### 6. *Hydrate*

Side dishes, snacks and turkey contain a significant amount of salt. Hydrate your body by drinking water, unsweetened iced tea, sugar-free lemonade or seltzer water throughout the day. Choose lower-calorie drinks.

### How should I eat?

1. The holidays are a time to enjoy wonderful food with those who mean the most to you. On holidays it is important to enjoy your food but not overindulge. Be mindful of your eating this holiday season by following these steps. Plan ahead for what you want to eat. Is there a favorite dessert that you cannot imagine the holiday without? Is turkey the highlight of your day? Pick one or two favorites and consume an appropriate portion size.

Portion size guide for your holiday meals\*:

- ½ cup of a high-fat side (cooked with fat or in a creamy sauce), such as macaroni and cheese, mashed potatoes, green bean casserole, sweet potato casserole, creamy soup or collard greens
- 1 cup of salad greens, fresh vegetables, vegetables cooked without fat or sauce, or fresh fruit. You can eat more of these items because they contain less added fat
- 1 to 2 tablespoons of fat-laden sauces such as gravies, hollandaise sauce, cream sauce or glaze
- 2 to 3 tablespoons of salad dressings
- 3 ounces of turkey counts as 1 serving of protein and is an appropriate portion size. Remember, roasted turkey without skin is the healthiest choice. Three ounces of roasted turkey breast without skin contains approximately 115 calories, 26 grams of protein and 1 to 2 grams of fat.<sup>1</sup>

- These are appropriate portion sizes for common holiday desserts.<sup>2</sup> You can always split a dessert with a friend or family member or cut a dessert in half to save calories and fat.
  - 2-by-2-inch brownie
  - 2-inch diameter cookie (2 inches across)
  - ½ cup apple or berry crisp
  - ½ cup gelatin dessert
  - ½ cup pudding
  - 1/8 of a 9-inch pie (3½ ounces of pie, about the size of a deck of cards)
  - ½ cup ice cream or frozen yogurt
  - ½ cup rice pudding

*\*The portion sizes recommended are a guideline, not a medical recommendation. If you are following a specific diet, stick to portion sizes appropriate for your condition that have been recommended by a registered dietitian.*

2. Enjoy your food – eat slowly! Take your time to appreciate the taste, texture, sight and smell of the food. Do not rush through your meal. Chew your food thoroughly. Put your fork down between bites. Take time to talk with friends and family while you eat.
3. Reconsider going back for seconds. Did you know it takes almost 20 minutes for your body to realize it is full? Wait at least 20 minutes after you clean your plate before you select a dessert or go back for more of your favorite dish. Remember, you will have plenty of leftovers to enjoy your favorites later.
4. Be mindful of your food choices. Selecting all your favorite high-fat or high-calorie items can lead to overconsumption. Our holiday meal comparison below shows how you can have a delicious holiday meal for fewer calories with items such as vegetables and fruit, whole grains, skinless turkey and lighter desserts.

### Holiday Meal Comparison

Let's compare two similar holiday meals.<sup>2</sup>

#### Meal 1

- 3½ ounces roasted turkey with skin
- ½ cup stuffing
- ½ cup broccoli with 2 tablespoons hollandaise sauce or cream sauce
- ½ cup cranberry sauce
- 1 medium crescent roll
- 1 slice pecan pie

**Total calories: 1,140**

**Total fat: 50 grams**

#### Meal 2

- 3½ ounces skinless, roasted turkey
- ½ cup wild rice pilaf
- ½ cup broccoli with lemon juice
- ¼ cup cranberry relish
- 1 whole-grain roll
- 1 slice pumpkin pie

**Total calories: 735**

**Total fat: 20 grams**

**\*405 more calories and 30 more grams of fat than meal 2**

### Lighten up your recipes

How to select and follow recipes lower in calories, fat, cholesterol, sodium and sugar.

1. Look for the nutrition information. Does the recipe show how many calories, grams of fat, milligrams of sodium or grams of sugar are in it? You can use this information to determine whether the recipe is a good choice. Use these general guidelines when selecting a recipe:
  - 200 to 300 calories or less per serving
  - Less than 8 grams of fat per serving
  - Less than 15 grams of sugar per serving
  - Less than 300 milligrams of sodium per serving

2. Choose or substitute with whole grains. Whole grains include: whole-wheat bread, brown rice, whole-wheat pasta, barley and bulgur. Can you replace a refined grain in your recipe with a whole grain? For example, you may use whole-wheat bread instead of white bread in stuffing.

Note: When baking, find a recipe that already uses whole-wheat flour or whole-wheat pastry flour. Substituting whole-wheat flour at random in a baking recipe could change the consistency of the finished baked good.

3. Add fruits and vegetables. Fruits and vegetables are lower in calories and naturally fat-free. They also add vitamins and minerals.
4. Select lean cuts of meat. “Round” and “loin” cuts of meat are considered lean (example: pork loin or ground round). Breast meat is considered a lean cut of poultry.
5. Trust reliable healthy recipe sources:
  - American Diabetes Association
  - American Heart Association
  - The Academy of Nutrition and Dietetics
  - Ellie Krieger, R.D., L.D., The Food Network
6. Avoid sources of added fat in recipes from: cream, butter, lard or shortening, egg yolks, chocolate, cream cheese, full-fat milk, yogurt, cheese, or cottage cheese, sausage, bacon
7. Find a substitution for high-fat ingredients in the following chart.

### RECIPE SUBSTITUTIONS

INSTEAD OF...	TRY...
1 teaspoon mayonnaise	1 teaspoon mustard
1 cup cream	1 cup evaporated milk
Cream to thicken soups	Pureed potatoes or vegetables, or cornstarch
Oil-based marinades	Citrus juice or flavored vinegar
Stick margarine	Small amounts of olive oil, canola oil, or both
2 ounces of mild Cheddar cheese	1 ounce reduced-fat sharp Cheddar cheese
White rice	Brown rice, bulgur, kasha, quinoa, whole-wheat couscous
Ground meat	Ground turkey breast, finely chopped vegetables, crumbled tofu, tempeh, beans
½ cup oil, butter or margarine	¼ cup applesauce plus ¼ cup canola oil
1 egg	2 egg whites
Sweetened condensed milk	Nonfat sweetened condensed milk
Evaporated milk	Evaporated skim milk
1 cup chocolate chips	½ cup mini chocolate chips, chopped dried fruit or chopped nuts
Frosting	Sliced fresh fruit with a dusting of powdered sugar
Sour cream	Nonfat sour cream, low-fat sour cream, pureed cottage cheese or plain yogurt
Whole milk	Skim milk
Cream cheese	Low-fat cream cheese or Neufchatel cheese
Sugar	Artificial sweetener (follow manufacturer's directions)
Cream of chicken soup, cream of mushroom soup, cream of onion soup	Chicken broth, low-fat cream of mushroom soup, low-fat cream of onion soup
Guacamole	Salsa
Buttered popcorn	Air-popped popcorn
1 cup pudding	Unsweetened or no-sugar-added applesauce
½ cup ice cream	½ cup frozen yogurt
Alfredo sauce	Tomato sauce
Hollandaise sauce	White wine sauce
Flaked coconut	Diced pineapple
Tartar sauce	Lemon juice
Sausage	Reduced fat sausage or ham

### Special Holiday Diets

#### *Diabetic Diet*

Enjoy your holiday meals with low-carb recipes, healthy ideas and substitutions from the American Diabetes Association.

Unsure how to navigate your way through the Thanksgiving feast as a diabetic? Select the link below for portion suggestions and healthy tips.

<http://www.diabetes.org/mfa-recipes/tips/2012-11/navigating-the-holiday-feast.html>

The American Diabetes Association has a low-carbohydrate recipe database:

<http://www.diabetes.org/mfa-recipes/recipes/>

Check out a sample Thanksgiving Day Meal Plan from the American Diabetes Association to find out how to manage your carbohydrates and blood sugar before, during and after the meal:

<http://www.diabetes.org/mfa-recipes/meal-plans/>

Unsure how to fit in dessert? The American Diabetes Association can help:

<http://www.diabetes.org/mfa-recipes/tips/2012-11/fitting-in-dessert-this.html>

#### *Heart Healthy Diet (Low fat, low sodium, low cholesterol)*

The American Heart Association has a heart-healthy recipe database:

[http://www.heart.org/HEARTORG/GettingHealthy/NutritionCenter/HealthyCooking/Browse-Recipes\\_UCM\\_430018\\_Article.jsp](http://www.heart.org/HEARTORG/GettingHealthy/NutritionCenter/HealthyCooking/Browse-Recipes_UCM_430018_Article.jsp)

For smart substitutions to turn regular recipes into heart-healthy recipes by cutting out extra fat:

[http://www.heart.org/HEARTORG/GettingHealthy/NutritionCenter/HealthyCooking/Smart-Substitutions\\_UCM\\_302052\\_Article.jsp](http://www.heart.org/HEARTORG/GettingHealthy/NutritionCenter/HealthyCooking/Smart-Substitutions_UCM_302052_Article.jsp)

Learn how to prepare foods in a heart-friendly way:

[http://www.heart.org/HEARTORG/GettingHealthy/NutritionCenter/HealthyCooking/Healthier-Preparation-Methods-for-Cooking\\_UCM\\_301484\\_Article.jsp](http://www.heart.org/HEARTORG/GettingHealthy/NutritionCenter/HealthyCooking/Healthier-Preparation-Methods-for-Cooking_UCM_301484_Article.jsp)

#### *Renal Diet*

DaVita Health has a selection of holiday recipes for renal patients with early- and late-stage kidney disease: <http://www.davita.com/kidney-disease/diet-and-nutrition/special-occasions/kidney-friendly-thanksgiving-recipes/e/5370#recipes>

### *Gluten-free or Gluten-intolerant Diet*

The Celiac Sprue Association has a free gluten-free recipe database:  
[http://www.csaceliacs.info/recipe\\_index.jsp](http://www.csaceliacs.info/recipe_index.jsp)

### *Vegetarian or Vegan Diet*

The Food Network offers a variety of vegetarian and vegan recipe options.  
Search for recipes here: <http://www.foodnetwork.com/topics/vegetarian/index.html>

#### **References:**

1. Pennington, J. A. T., & Spungen, J. (2010). *Bowes & Church's Food Values of Portions Commonly Used*, (19th ed.). Baltimore, MD: Lippincott Williams & Wilkins.
2. *The Academy of Nutrition and Dietetics, Kids eat right. (2012). Holiday meals made healthy. Retrieved from* <http://www.eatright.org/kids/tip.aspx?id=6442460386&terms=holiday+meals>.