



Live Healthy Georgia- Seniors Taking Charge!

December 2010 Newsletter
By Kali Kuzniak, B.S.F.C.S

Eating Healthy During the Holidays

November rolls around and holiday foods are on your mind. Especially the foods that are loaded with sugar, salt, and fat such as honey glazed ham, gravy, and pumpkin pie. Then the month of December brings party foods such as cheese platters, bacon-wrapped appetizers, eggnogs, spiked punches, baked breads, cookies, and decadent desserts. It can be a challenging time of year to make healthy food choices, but healthy eating IS POSSIBLE. Moderation and balance are the keys to surviving another holiday season. If we can nourish our bodies while eating the holiday meals we know and love, we can be proud of the current year and look forward to a new one. Read on to find out ways to make the holidays an enjoyable experience while still maintaining a healthy lifestyle.



Shopping With a Plan

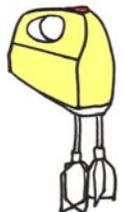
Preparing a holiday meal starts at the grocery store. Grocery shopping over the holidays can be stressful and expensive, but if you follow some of these tips you may find it to be easier than you think. Make a list before you leave the house. This will help you stay focused, find

what you need, and keep you from spending extra money. Look online for coupons or at the grocery store's website for the weekly ad. Usually there are good deals over the holidays, and sometimes you can find a coupon for something already on sale! Check out www.southernsavers.com for a list of savings at your local store. Go early in the morning or late at night. This will help you fight the crowds and make grocery shopping more enjoyable.

Cook with substitutions

Preparing food is a large part of the holiday festivities. Whether you are hosting a party or going to a party as a guest, there are simple ways to modify a favorite dish to make it healthier and still taste delicious.

- ❖ Use unsweetened applesauce or mashed banana in baked breads, cookies, and cakes instead of the oil.
- ❖ When baking cut the amount of sugar in half and add more vanilla, cinnamon, or nutmeg for enhanced flavor.
- ❖ Use fresh fruit as a topping on desserts instead of frosting, syrups, and jams.





Live Healthy Georgia- Seniors Taking Charge!

- ❖ Use evaporated skim milk or light cream instead of heavy cream in soups and casseroles
- ❖ If using nuts, cut the portion in half and toast them; it will enhance the flavor of the nut.
- ❖ Using whole wheat flour instead of all purpose flour adds whole grains and fiber.

Be a “Food Snob”

Smelling the savory aroma of roast turkey, sweet potato soufflé, and freshly baked bread make it difficult to say no when dishing food onto your plate for a holiday dinner. But being a “food snob” can keep you from overindulging while still enjoying a delicious meal. Make a point to choose only your absolute favorite foods and turn others away. Instead of eating all of the desserts just pick your favorite or the one that looks the best. Being a picky holiday eater makes you more aware of the food you are eating, and you enjoy each bite even more.

Stay Physically Active

Eating delicious food is always fun, but it is important to burn off those extra calories in order to maintain a healthy body weight. There are many ways to incorporate physical activity into the busy schedule of the holidays. For example, cleaning and decorating the



house to prepare for arriving guests, raking leaves in the yard, having

the family go for a walk before or after dinner, playing with your grandkids or throwing the Frisbee with a family member, and dancing to your favorite holiday songs in the living room. Getting others involved makes these activities more fun and enjoyable for all.

**Consider this side dish for your next
Holiday meal:**

Roasted Cauliflower with Fresh Herbs and Parmesan

Yield: 8 Servings



Ingredients

12 cups cauliflower florets (~ 2 heads)
1 ½ tablespoons olive oil
1 tablespoon chopped fresh parsley
2 teaspoons chopped fresh thyme
2 teaspoons chopped fresh tarragon
3 garlic cloves, minced
¼ cup grated fresh parmesan cheese
2 tablespoons fresh lemon juice
½ teaspoon salt
¼ teaspoon pepper

Preparation

Preheat oven to 450 degrees Fahrenheit. Place cauliflower in a large roasting pan or jelly roll pan; drizzle with olive oil and toss well to coat. Bake at 450 degrees for 20 minutes or until tender and browned, stirring every 5 minutes. Sprinkle with parsley, thyme, tarragon, and garlic. Bake 5 minutes. Combine cauliflower mixture, cheese, and remaining ingredients in a large bowl; toss well to combine. Serve.

Nutritional Information

89 calories (35% from fat)	5.4 grams fiber
3.5 grams of fat	2 mg cholesterol
5.2 grams protein	251 mg sodium
12.1 grams carbohydrate	83 mg calcium