

# Nutrition News You Can Use

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## Healthy Holiday Tips



### Have Your Diet and Eat Cake Too!

On average, Americans gain approximately 1-2 lbs during the holiday season. While this weight gain isn't dramatic, research shows it tends to stick and accumulate over the years. Luckily, those pounds can be avoided through mindful eating in moderation and a few simple strategies.

Holiday meals tend to be large, buffet-style and include second and third helpings. It is important to include nutrient-rich foods in your diet, but also remember that these foods have calories as well and should be eaten in moderation. Using this approach at the holiday dinner table will allow you to maintain a healthful eating plan—one that can also include dessert.

There are many strategies to help you avoid overeating. Using a smaller plate, for instance, allows you to put less food on your plate and encourages proper portion sizes. Also, start by filling your plate with vegetables and salad before going to the entrees and desserts. Research shows eating a salad before your meal can help you eat fewer calories overall. Eat slowly and savor every bite, and before you go back for seconds wait ten minutes to see if you really are still hungry.

Finally, after dinner consider getting some physical activity. This is a great time to go for a walk or play a game of basketball with the kids.

### Exercise Designed for the Holidays

Calories In = Calories Out

- 1 candy cane = writing holiday cards for 1hr.
- 1 c Egg Nog = tree decorating for 1.5hr.
- 2 Christmas cookies = shoveling snow for 1/2hr.

**Sign up to Win a Coca Cola Bear!**

#### Editors

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## 100 Calorie Sugar-Free Holiday Nog

### Ingredients:

- 1 oz package sugar free vanilla pudding mix.
- 7 c fat free milk, divided
- 1 t vanilla extract
- 2 packets Splenda
- 1 c fat free evaporated milk.

### Serving Suggestions:

- Serve with a Candy Cane
- Sprinkle Nutmeg and Cinnamon on top



Nutrition Information:

Calories: 100  
 Protein: 10 g  
 Carbs: 15 g  
 Serving Size: 8 oz

- Combine pudding mix, 2 cups of milk, vanilla and sugar substitute in a bowl; mix according to pudding directions.
- Pour into a half-gallon container with a tight-fitting lid.
- Add 3 cups of milk; shake well.
- Add evaporated milk and shake. Add remaining milk; shake well. Chill.