

# Healthy Holiday Eats!

Healthy Columbus Nutrition Seminar – November 25, 2013  
Ashley Harris, MS, RD, CSD



FRESH FOOD PERSPECTIVE

---

---

---

---

---

---

---

---



---

---

---

---

---

---

---

---

The average American gains between 1 and 5 pounds during the holiday season.....



**Most never take it off.**

FRESH FOOD PERSPECTIVE

---

---

---

---

---

---

---

---

### Outline

- Discuss strategies for preventing holiday weight gain
- Review favorite healthy holiday foods
- Provide tips for nutritional and other management of holiday stress

**FRESH**FOOD PERSPECTIVE

---

---

---

---

---

---

---

---

### Holidays are "Perfect Recipe" for weight gain

More available food and drinks  
(Holiday parties, Dining out, Treats around home and office)

+

Moving less  
(Cold weather, Dark early, Busy schedule)

+

Stress!!!!

**FRESH**FOOD PERSPECTIVE

---

---

---

---

---

---

---

---

### A little goes a long way...

- 100 calories extra per day =  
10 pounds weight gain per year  
100 pound weight gain over 10 years!
- Most people do not notice weight gain until it is cut by 20%
- 2000 steps =  
100 calories burned



**FRESH**FOOD PERSPECTIVE

---

---

---

---

---

---

---

---

### How do we fight the holiday bulge?

1. Be aware of how much we eat
2. Make healthy food choices
3. Move!!
4. Learn to manage holiday stress

FRESH FOOD PERSPECTIVE

---

---

---

---

---

---

---

### Be aware of how much we eat!!



FRESH FOOD PERSPECTIVE

---

---

---

---

---

---

---

### What influences our calorie intake?

- Many subtle clues and unconscious thoughts influence our eating



FRESH FOOD PERSPECTIVE

---

---

---

---

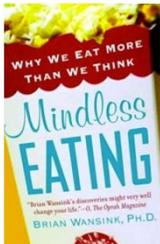
---

---

---

### What influences our calorie intake?

- Several eating types or “danger zones”
  - Most of us fall into at least one or two
  - Holidays can cause us to fall into more or all!



FRESH FOOD PERSPECTIVE

---

---

---

---

---

---

---

---

### Eating “danger zones”

**Meal Stuffer** – eat mostly during mealtimes but to excess. Often clean plate and go back for seconds, eating so quickly they end up uncomfortably full

**Restaurant Indulger** – frequently dines outside the home

**Snack Grazer** – reach for whatever food is available, convenience usually more important than taste. More from habit than hunger.

**Party Binger** – often in high-distraction environments where food is the background for business or fun (buffets, receptions, tailgates, happy hours)

FRESH FOOD PERSPECTIVE

---

---

---

---

---

---

---

---

### Tips for eating at holiday meals

- Follow the ½ plate rule – half plate vegetables!
- Wait 20 minutes until going back for more
- Get in habit of leaving at least one bite on plate
- Substitute fruit for dessert



FRESH FOOD PERSPECTIVE

---

---

---

---

---

---

---

---

### Tips for dining at home

- Choose smaller plates
- Avoid “family style” dining
  - Pre-plate high calorie items in kitchen and leave there
  - Only keep low-calorie vegetable dishes on table
- Freeze or give away left-overs
- Control the environment
  - Slow down eating pace with classical or slow tempo music
  - Avoid distractions – turn off the TV, shut the computer, put away the paper



**FRESH** FOOD PERSPECTIVE

---

---

---

---

---

---

---

---

### Tips for dining at restaurants

- Ask the server for help
  - Request ½ meal be pre-wrapped in to-go box
  - Decline bread be brought to table
- Be savvy with your order
  - Order dressings, creams, sauces on side if at all
  - Watch for menu items indicating high fat/calorie foods: creamed, crispy, breaded, tempura, fritters, Alfredo, au gratin, au beurre, batter-dipped, béarnaise
  - Choose grilled, steamed, baked broiled
- Watch the drinks!
  - Try water, diet sodas or wine-spritzers



**FRESH** FOOD PERSPECTIVE

---

---

---

---

---

---

---

---

### Tips for avoiding snacking

- Keep the junk food out!
  - If can not keep out of office/home, keep out of sight in opaque containers or tucked away
- Keep healthy options visible and ready
- Never eat directly from the package
  - Pre-portion out an appropriate serving and take it to sit down, eat, and enjoy



**FRESH** FOOD PERSPECTIVE

---

---

---

---

---

---

---

---

### Tips for eating at holiday parties

- Choose a smaller plate
- Eat before you go
- Use the volume approach
  - Fill up on the low-calorie, high-fiber vegetables first
- Be choosy
  - Survey the spread before you load up and only choose the things you like the most
- To the two-item method
  - Put only 2 items on your plate each food table trip
- Keep food far away
  - Across the room is ideal but at least an arms length



FRESH FOOD PERSPECTIVE

---

---

---

---

---

---

---

---

### Make healthy food choices!!



FRESH FOOD PERSPECTIVE

---

---

---

---

---

---

---

---

### Veg out

- **Fruits & Vegetables** = 1/3 the calories of protein and starches
  - Considered free (0 points) on new Weight Watchers



- Plant foods contain **phytonutrients** = powerful cancer fighting and health promoting nutrients
  - Include fruits, vegetables, whole grains, nuts, seeds, beans, and legumes

FRESH FOOD PERSPECTIVE

---

---

---

---

---

---

---

---

### Phytonutrients (aka phytochemicals)



- Give plants distinctive color, smell, taste

- Provide MANY health benefits
  - Especially for fighting cancer and heart disease



FRESH FOOD PERSPECTIVE

---

---

---

---

---

---

---

---

### From the AICR (American Institute for Cancer Research)



Traditional American Plate



Transitional Plate



New American Plate

FRESH FOOD PERSPECTIVE

---

---

---

---

---

---

---

---

### Super Holiday Foods

Phytonutrient Rich Holiday Favorites



FRESH FOOD PERSPECTIVE

---

---

---

---

---

---

---

---

### Cranberries (anthocyanidins)



- Anti-bacterial
  - Prevents urinary tract infections
- High in vitamin C, fiber & antioxidants = all potent cancer fighters!
- Lowers LDL “bad” cholesterol and protects against heart disease
- Choose fresh, dried or unsweetened juice!

FRESH FOOD PERSPECTIVE

---

---

---

---

---

---

---

---

### Pumpkins (carotenoids)



- Prevents DNA damage and protects against many cancers
  - Especially lung
- Also protective against heart disease and diabetes
- Great low-calorie substitution for fats in holiday recipes!

FRESH FOOD PERSPECTIVE

---

---

---

---

---

---

---

---

### Citrus Fruits (polyphenols, terpenes, hesperidin)



- High in vitamin C
  - Strengthens immune system & combats stress
- Fight cancers in numerous ways
  - Especially cancers of digestive tract
- Even the peel is healthy!
  - Contains anti-inflammatory and cholesterol lowering phytonutrients
- Add grated orange or lemon zest to baked goods and holiday recipes for extra flavor and health!

FRESH FOOD PERSPECTIVE

---

---

---

---

---

---

---

---

**Greens**  
(beta-carotene, lutein)



- Rich in calcium, folate magnesium, vitamin K
- Reduce risk of cancer and heart disease
- Good for eye health
  - Contains phytonutrients which protect against macular degeneration
- Spruce up dishes by adding chopped greens to casseroles, meatloaf/meatball mixtures, mashed potatoes

FRESH FOOD PERSPECTIVE

---

---

---

---

---

---

---

---

**Figs**  
(polyphenols)



- Rich in potassium, fiber and vitamin B6
  - Improves cardiovascular health
  - Alleviates constipation & PMS symptoms
- Phytonutrients strong Antioxidants
  - Protective for many cancers and heart disease
- Can go with savory and sweet dishes!
  - Add to grilled meats, poultry and salads
  - Add to granola, ice cream, cookie dough

FRESH FOOD PERSPECTIVE

---

---

---

---

---

---

---

---

**Onions/Garlic**  
(allicin, sulfides)



- Potent cancer fighters!
  - Especially stomach cancer
- Anti-bacterial and anti-fungal properties
- Helps prevent blood clotting
- To maximize benefits, enzymes need to be released from cell walls and activated
  - Chop, dice or mince before cooking
  - Need to wait 10 minutes for enzymes to be fully activated so not destroyed by heat

FRESH FOOD PERSPECTIVE

---

---

---

---

---

---

---

---

### Don't forget the herbs

---

- **Rosemary**
  - Strong cancer fighting & anti-inflammatory properties
  - Boosts immune system, digestion, cardiovascular health
  - Add to dough or as a marinade for meat & poultry
- **Thyme**
  - Lowers cancer/heart disease risk
  - Improves brain function
  - Add to soups, stews, vegetables, poultry or fish!



**FRESH** FOOD PERSPECTIVE

---

---

---

---

---

---

---

---

### and spices.....

---

- **Cinnamon**
  - Anti-oxidant, anti-bacterial & anti-microbial properties
  - May help lower blood sugar
  - Can add to savory foods (soups, stews, chili) or sweets (desserts, cocoa, yogurts)
- **Nutmeg**
  - Prevents blood clots, improves immune system, anti-bacterial & anti-diarrheal
  - Matches well with spinach, green beans, carrots, sweet potatoes



**FRESH** FOOD PERSPECTIVE

---

---

---

---

---

---

---

---

### Get creative with cooking

---

- Simple cooking techniques and recipe substitutions can cut 100's of calories from your diet
- Adding vegetables to dishes lowers calories while boosting nutritional value
- Spice it up!
- See healthy cooking tips handout for more info!



**FRESH** FOOD PERSPECTIVE

---

---

---

---

---

---

---

---

## Move!!



**FRESH FOOD PERSPECTIVE**

---

---

---

---

---

---

---

---

### Benefits of getting into shape:

- **Improved Immune Function =**  
Less likely to get sick from winter colds and flu
- **Stronger Bones =**  
Becomes increasingly important as we age
- **Calorie Burning Without Trying =**  
More muscle means more calories burned at rest and faster metabolism
- **Glowing Skin=**  
Regular workouts increase overall circulation and the skin's ability to produce collagen, a natural skin plumper
- **Brighter Days=**  
Studies show that regular exercise also combats depression.

**FRESH FOOD PERSPECTIVE**

---

---

---

---

---

---

---

---

### How much is enough?

- Benefits seen with as little as 30 minutes a day
- Harder is not always better
  - Moderate physical activity (i.e. brisk walk) offers mostly the same benefits as intense aerobic activity
  - Less likely to get injured or "burn out"
- Does NOT have to be all at once
  - Studies show it is the cumulative workout minutes that count
  - 5-10 minute activity bursts throughout the day great way to reach fitness goals



**FRESH FOOD PERSPECTIVE**

---

---

---

---

---

---

---

---

### Ideas to get moving

- Park further away from the door
- Use the stairs whenever possible
- Cleaning counts
  - Try putting headphones to get into the job and keep your heart rate up
- Dance!
- Get outside
  - Sled with the kids
  - Go for a walk in the woods
  - Fresh air (as little as 5 minutes/day) provides extra mood boosting benefits
- Take a break and stretch at the top of every hour



FRESH FOOD PERSPECTIVE

---

---

---

---

---

---

---

---

### Learn to manage holiday stress



FRESH FOOD PERSPECTIVE

---

---

---

---

---

---

---

---

### Manage stress with nutrition

- Keeping good control of blood sugar
- Eating certain foods known to be “stress busters”
- Avoid foods that make stress effects worse: sugar, caffeine, and alcohol



FRESH FOOD PERSPECTIVE

---

---

---

---

---

---

---

---

### Controlling blood sugar

---

**Blood Sugar**

Low blood sugar

- = simple carbohydrates and large meals
- = complex carbohydrates in small meals

**FRESH FOOD PERSPECTIVE**

---

---

---

---

---

---

---

---

---

---

### Carbohydrates

---

**Simple Carbs- choose LESS often**

- "Whites" (white bread, white rice, white pasta, regular crackers)
- White potatoes
- Soda, Juice
- Candy, Sweets
- Sugar, Honey, Jelly, Jam

**Complex Carbs- choose MORE often**

- Whole wheat/whole grain bread
- Brown rice, Whole wheat pasta
- Whole grain crackers
- Starchy vegetables (sweet potato, winter squash, corn, peas)
- Whole fruits
- Other whole grains (oats, quinoa, bran, bulger, etc)

**FRESH FOOD PERSPECTIVE**

---

---

---

---

---

---

---

---

---

---

### Stress busting foods

---

- Complex carbohydrates
- Vitamin C foods
- Fatty fish
- Milk
- Nuts
- Decaffeinated tea

**FRESH FOOD PERSPECTIVE**

---

---

---

---

---

---

---

---

---

---

### Other ways to reduce stress

- Get outside
- Take 5 minutes to focus on breathing
- Get enough sleep (8 hours optimal)
- Take a yoga or meditation class
- Download a relaxation podcast
- Take a bath
- Read a book
- Simplify life!



FRESH FOOD PERSPECTIVE

---

---

---

---

---

---

---

---

**THANK YOU –  
and good luck!!**



FRESH FOOD PERSPECTIVE

---

---

---

---

---

---

---

---



# Healthy Holiday Cooking



## Cooking Tips:

- Refrigerate gravies and sauces, then skim off the fat that has gathered on the top before reheating and serving.
- When cooking sweetened yams and sweet potatoes, use cinnamon and fruit juices instead of high calorie butter and marshmallows.
- Increase the fiber in your stuffing by making it with whole grain bread or wild/brown rice and adding dried fruits and nuts. More fiber helps you stay full longer and will add extra nutrition.
- Remove any visible skin and fat before cooking meat. Roast on a rack allowing for fat to drip off into a pan while covering with a foil tent or basting in low-sodium broth to prevent it from drying out.
- Instead of high-sodium marinades, use wine, fruit juice or low-fat/low-sodium marinades for holiday meats. Ditch the salt and rub spice mixtures on the meat's surface to add flavor.
- Add seasonal fruits to any salad for color and added nutrition. Ideas include cranberries, pomegranates, pears and Clementine's.

## Recipe Substitutions:

### Ingredient

1 whole egg  
sour cream  
milk  
buttermilk  
ice cream  
heavy cream (not for whipping)  
whipped cream  
cheese  
butter or vegetable oil (for baking)  
  
butter or vegetable oil (for browning)  
cream of mushroom  
beef or chicken stock  
salt/butter (for flavor)

### Substitution

2 egg whites or commercial substitution product  
low fat plain yogurt or low fat sour cream  
skim milk; low fat soy or rice milk  
fat free buttermilk or 1 tbsp. lemon with 1 cup of milk  
frozen yogurt  
1:1 ratio of flour whisked into non-fat milk  
chilled evaporated skim milk or low fat whipped cream  
low-fat cheese (note: does not melt well when baked)  
½ cup apple sauce plus 2 tbsp. canola oil for every cup of oil/butter  
  
olive oil or canola oil ,non-stick spray  
low-fat cream of mushroom  
mushroom or vegetable stock  
experiment with other seasonings (garlic, pepper rosemary, basil, thyme)

## **Green Beans with Caramelized Onions**

2 tablespoons olive oil, divided  
2 (16-ounce) packages frozen pearl onions, thawed  
1 tablespoon sugar  
2 pounds green beans, trimmed  
1/2 teaspoon black pepper

1. Heat 1 tablespoon oil in a large nonstick skillet over medium heat. Pat onions dry with paper towels; add to pan. Increase heat to medium-high; sauté onions 5 minutes. Add sugar; sauté 15 minutes or until onions are tender and golden brown. Spoon into a bowl.
2. Heat 1 tablespoon oil in pan over medium-high heat. Add beans; sauté 8 minutes or until crisp-tender. Add onions and pepper; cook 2 minutes or until mixture is thoroughly heated.

## **Skinny Roasted Garlic Mashed Potatoes**

1 garlic bulb, unpeeled  
splash of olive oil  
4 large potatoes (Idaho or russet)  
about 1 cup Basic Chicken Stock (see recipe), or low-sodium canned  
salt to taste  
freshly ground black pepper

1. Preheat the oven to 350°F. Place the garlic cloves in an ovenproof dish and drizzle with olive oil. Place the dish, uncovered, in the oven for 15-20 minutes until the garlic is golden brown and soft.
2. Remove from the oven and let cool. Peel the potatoes and cut them in half. Place them in a pot and cover with cold water. Bring to a boil over high heat and simmer until the potatoes are tender when pricked with a fork, about 30 minutes depending on the size of the potatoes. Drain.
3. Bring the stock to a boil, and turn down to a simmer.
4. Squeeze the roasted garlic cloves to release each clove of garlic. Mash the garlic with a fork and throw the skins away. Mash the potatoes with a potato masher or fork, or use a food mill. Add the roasted garlic. Slowly add the stock until the desired consistency is reached.
8. Adjust the salt and pepper to taste.

## **Cinnamon Hot Chocolate**

2 ounces semisweet chocolate, about 1/3 cup of chocolate chips  
4 cups milk  
1/4 cup cocoa powder  
1/4 cup sugar  
4 cinnamon sticks (1 per mug)

1. Combine the chocolate, milk and cocoa powder in a saucepan and heat over medium-high heat. Whisk until the mixture comes to a boil and the chocolate is dissolved.
2. Ladle the hot chocolate into mugs and stir with cinnamon sticks to add a touch of cinnamon flavor.