



*My Heart. My Life.™*



*My Heart. My Life.™*

7272 Greenville Ave.  
Dallas, Texas 75231  
[heart.org/HealthyLiving](http://heart.org/HealthyLiving)

HOLIDAY  
*Healthy Eating*  
Guide



©2012, American Heart Association. Also known as the Heart Fund.

06-7240 9/12

Fitness Basics Healthy Eating Nutrition Basics **Getting Started**  
GETTING FIT **Walking** Raising Healthy Kids Getting Fit  
Healthy Habits Staying Motivated HEALTHY COOKING *Healthy Living For All*

## First Things First... Know the Numbers

In order to maintain a healthy weight, we need to balance the amount of food we eat with the amount of energy we burn. But we don't all need the same amount. Many factors, including age, gender and activity levels, affect how many calories we should consume each day. Visit [heart.org/explorer](http://heart.org/explorer) to get a personalized recommendation from the American Heart Association for you and your family.

The table below shows the suggested number of servings from each food group based on a daily intake of 1,600 or 2,000 calories. If you need fewer calories than shown, decrease the number of servings and increase the servings if you need more calories.

Food Type	1,600 Calories	2,000 Calories	Examples of One Serving
<b>Grains</b> At least half of your servings should be whole-grain.	6 servings per day	6-8 servings per day	1 slice bread 1 oz. dry cereal (check nutrition label for cup measurements of different products) ½ cup cooked rice, pasta, or cereal (about the size of a baseball)
<b>Vegetables</b> Eat a variety of colors and types	3-4 servings per day	4-5 servings per day	1 cup raw leafy vegetables (about the size of a small fist) ½ cup cut-up raw or cooked vegetables ½ cup vegetable juice
<b>Fruits</b> Eat a variety of colors and types	4 servings per day	4-5 servings per day	1 medium fruit (about the size of a baseball) ¼ cup dried fruit ½ cup fresh, frozen, or canned fruit ½ cup fruit juice
<b>Fat-free or low-fat dairy products</b>	2-3 servings per day	2-3 servings per day	1 cup fat-free or low-fat milk 1 cup fat-free or low-fat yogurt 1 fat-free or low-fat cheese (about the size of 4 stacked dice)
<b>Lean meats, poultry, and seafood</b>	3-6 oz. (cooked) per day	Less than 6 oz. per day	3 oz. cooked meat (about the size of a deck of cards) 3 oz. grilled fish (about the size of a checkbook)
<b>Fats and oils</b> Use liquid vegetable oils and soft margarine most often	2 servings per day	2-3 servings per day	1 tsp. soft margarine 1 tsp. olive oil 1 Tbsp. regular or 2 Tbsp. low-fat salad dressing
<b>Nuts, seeds and legumes</b>	3-4 servings per week	4-5 servings per week	1 oz. nuts 2 Tbsp. or ½ oz. seeds ½ cup dry beans or peas
<b>Sweets and added sugars</b>	0 servings per week	5 or fewer servings per week	1 Tbsp. sugar 1 Tbsp. jelly or jam ½ cup sorbet and ices 1 cup lemonade

Don't forget being physically active is also important to maintaining a healthy weight. Physically active means the total amount of daily moderate to vigorous physical activity:

- At least 60 minutes a day for children (up to age 18).
- At least 150 minutes per week of moderately vigorous physical activity for adults.

## Holiday Savvy

The holiday season is about family and food – and all too often, adding a few extra pounds to our waistlines. A great way to avoid this is by increasing your physical activity by going for a family walk after each meal or gathering. Shooting hoops, jumping rope or playing catch are also good family activities. At the end of this booklet, you'll find ways to stay safe and active in the winter.

## Holiday Beverages

The winter season is chock full of delicious dishes and treats, but no one likes the extra calories and added pounds they bring. Use these smart tips on substitutions and choices to enjoy your favorite winter beverages. You'll stay heart healthy and look good in those family pictures!

### Eggnog

- **Mix it up.** Fill your glass with half to three quarter parts of low-fat or skim milk, and one part eggnog. You'll still get the flavor without all the calories.
- **Act like a kid.** Take out the alcohol. This simple step will reduce the caloric content.
- **Cut the fluff.** Pass on that big dollop of whipped cream to avoid the extra sugar and fat.
- **Find an alternative.** This holiday classic has many low-fat or soy versions.

### Hot Chocolate

- **Skip the heavy stuff.** If you order hot chocolate at a restaurant or coffee shop, ask that it be made with low-fat or skim milk, and without the whipped cream.
- **Do some research.** To make instant hot chocolate at home, look for product packets marked "low-fat/fat-free" or "low-sugar/sugar-free." Be sure to add the mix to either low-fat or skim milk, or hot water.
- **Go easy on the toppings.** Use five to eight mini marshmallows instead of large ones. If using whipped cream, look for low-fat versions and stick to one tablespoon (about a rounded spoonful).



## Apple Cider

- **Read the labels.** When buying cider at the store, check its added sugar content. Many products contain lots of excess sugar, which can increase your calorie intake and cause weight gain. Choose low-sugar and sugar-free options.
- **Do it yourself.** When making cider at home, use low-sugar apple juice and a variety of spices (like cinnamon sticks, cloves, nutmeg and whole cranberries). You'll keep the flavor while cutting calories.

## Cocktails and Other Alcoholic Beverages

- **Enjoy cocktails.** Serve non-alcoholic versions of your favorite cocktails to lower the calories. Be sure to check the Nutrition Label, because sometimes products that are alcohol-free have more added sugar.
- **Break it up.** To reduce the amount of calorie-laden drinks you consume, drink a glass of water between each beverage. This will help fill your stomach, leaving less room to overindulge.

## Eating With the Family

### Turkey

- **Outsmart the bird.** Reach for the lighter pieces of meat; they have fewer calories and less fat than the darker ones. Another way to cut calories is to take off the skin.
- **Keep portions in check.** A serving size of meat is 3 oz, about the size of a deck of cards. So, be conscious of how much you put on your plate, and pass on that second helping. If you're also having another meat, like ham or lamb, take smaller portions of each.
- **Watch out for the gravy train.** Turkey usually comes with gravy, which can add excess fat, calories and sodium. Limit gravy to a tablespoon, and keep it off other items, like the dressing.

## Dressing

- **Call it what it is.** Dressing is intended to be a complement to your meal, not an entrée. To keep calories and excess fat in check, aim for ¼ cup (or about half a scoop with a serving spoon).
- **Judge it by its cover.** If the dressing is filled with fatty meats like sausage and pork, looks greasy or buttery, and is made with white bread or sweet rolls, it may be best to pass. Better options would be dressings that look drier and have whole grain or cornbread, lean meat (or no meat), nuts (like almonds or walnuts), and lots of veggies and fruits.

## Casseroles

- **What's in it?** Casseroles are usually filled with fat, sugar or sodium (think green bean and sweet potato casserole). Your best bet is to have a spoonful of each and fill your plate with roasted or sautéed veggies and tossed salad instead.

## Desserts

- **Treat yourself right.** The best way to enjoy an occasional sweet without losing control is by sampling a selection or two, rather than having full servings. For example, have one bite of pie, half a cookie or one small square of fudge. Find a friend or family member who will stick to the sampling rule with you.



## Eating at Holiday Work Parties

### Appetizers and hors d'oeuvres

- **Get involved.** There's usually a list for coworkers to volunteer to bring dishes for the party, so sign up! You can make a heart-healthy item, giving yourself at least one good option to enjoy.
- **Come prepared.** If the party is during lunch, eat a healthy breakfast followed in mid-morning by a high-fiber snack (like an apple or a small handful of almonds). If the party is after work, enjoy a protein-packed lunch like grilled fish or chicken with a salad and then later in the afternoon have another high-fiber snack. If you're not too hungry when you go to the party, it will be easier to avoid overeating.
- **Map it out.** Avoid loading up on foods that are fried, buttered or have a lot of cheese and cream. Even though the portions may be small, these fat-laden bites can really pack a punch. Look for fruit, veggies and dip, whole-grain crackers, and baked or grilled items.

### Desserts

- **Use the buddy system.** By splitting a dessert with someone, you can cut the calories and fat in half and avoid being wasteful. It's a win-win!

### Beverages

- **Mix it up.** If alcohol is being served, alternate each glass with a glass of water. This will help reduce your thirst while filling your stomach so you'll consume fewer calories.
- **Watch seasonal drinks.** Many holiday beverages have so much added sugar, they may as well be a dessert. Keep in mind what else you've eaten; it may be best to enjoy these drinks on another day.

## Making Traditions Healthy

### Smart substitutions for your favorite holiday meals

#### Baking

- Instead of butter, substitute equal parts cinnamon-flavored, no sugar added applesauce.
- Instead of sugar, use a lower-calorie sugar substitute.
- Instead of whole or heavy cream, substitute low-fat or skim milk.
- Instead of using only white flour, use half white and half whole-wheat flour.
- Instead of adding chocolate chips or candies, use dried fruit, like cranberries or cherries.
- Use extracts like vanilla, almond and peppermint to add flavor, instead of sugar or butter.

#### Cooking

- Use vegetable oils such as olive oil instead of butter.
- Use herbs and spices, like rosemary and cloves, to flavor dishes instead of butter and salt.
- Use whole-grain breads and pastas instead of white.
- Bake, grill or steam vegetables instead of frying.
- Instead of whole milk or heavy cream, substitute low-fat or fat-free/skim milk.

#### Beverages

- Instead of alcohol in mixed drinks, use club soda.
- Instead of adding sugar to mixed drinks, mix 100-percent juice with water or use freshly squeezed juice, like lime.
- Instead of using heavy cream or whole milk in dairy-based drinks, use low-fat or skim milk.
- Instead of using sugar to sweeten cider, use spices and fruit, like cinnamon, cloves and cranberries.



## Remember to Stay Physically Active!

When the temperature drops, our motivation to be physically active often drops too. Fight the holiday bulge with these tips for keeping physically active when the weather gets chilly.

- **Go sledding.** Running up a snowy hill, sliding down and repeating is a great way to get the whole family physically active. If you don't have a sled, don't worry – a cardboard box, trash can lid or skateboard without the wheels will work great!
- **Ice skate.** This is a great workout for your legs and heart. You'll also help strengthen your core, which is engaged when trying to keep you balanced.
- **Shovel the snow.** Someone has to do it, and it's a great way to get the heart pumping and the other muscles working. But don't overdo it!
- **Go for an afternoon or evening walk, jog or run – and bring the dog!** As long as you're dressed warmly (see our tips on dressing warm for cold-weather workouts), any time of day can be enjoyable weather for taking a stroll or a jog. Winter days are shorter, so start early enough to finish before it gets dark.
- **Visit the local community center for a game of indoor basketball with friends and family.** This is also a great way to entertain out-of-town guests. Grab a basketball, some jump ropes or a volleyball for a couple hours of fun physical activity!



## Tips for Winter Workouts

The change in weather requires adjusting your physical activity. Cold air means different clothing, watching your water intake, and avoiding things like severe weather and getting the sniffles. Here are some tips on how to make the most of your workouts this season.



### Dress the Part

- **Embrace layering.** To avoid getting overheated in heavy clothes, dress in layers. By wearing several light layers while you work out, you can stay comfortable by peeling off layers as your body warms up.
- **Don't sweat it.** Search for shirts and shorts made of synthetic fabrics that work to “wick” sweat off your skin. Cotton fabrics trap sweat against your skin, causing you to get cold in the open air. Many companies make sweat and water-resistant fabrics that can keep you drier.
- **Protect your extremities.** Wear thin gloves and a headband or hat to keep your hands and head warm.

### Stay Hydrated

It's a common misconception that you don't need to drink as much water for winter workouts. To avoid dehydration, drink plenty of fluids before, during and after working out, even if you aren't thirsty. A good rule of thumb is to drink one cup of water for every 15 minutes of physical activity.



## Watch the Weather

In winter, bad weather can strike unexpectedly, causing roads to be iced over and snowy. But staying safe at home doesn't mean you must give up being physically active. Here are some ideas to get your heart pumping at home:

- **Do some lunges.** Take a couple laps around the living room – you'll engage your thigh and buttock muscles.
- **Try stretching.** Stretch your whole body, focusing on legs, then arms, then abdomen and back.
- **Do pushups and crunches.** Do three sets of 10 each while watching a movie or listening to music. Before you know it, you'll be done!
- **Climb up and down stairs.** Start by climbing one step at a time, then move up to two.
- **Enjoy workout videos.** Check the Web too; many websites stream workout videos that you can watch for free (see our resources section).
- **Play holiday charades.** Get the whole family involved with a holiday-themed game of charades. Use characters like reindeer (gallop), Santa (riding his sleigh) or elves (working in the toy shop).

## Ward Off the Sniffles

- **Cover a cough or sneeze with a tissue instead of your hand.** Remember to throw your tissue away and wash your hands with soap and water or an alcohol-based sanitizer.
- **Wash your hands.** This is one of the best ways to avoid catching a cold or giving one to someone else.
- **Drink up!** Be sure to stay hydrated; drink plenty of water.
- **Get some shut-eye.** Stay a step ahead of illness by getting plenty of sleep (about 8 hours a night).



## Orange Glazed Turkey with Potatoes & Carrots

Serves 6

### Ingredients

*Cooking spray*

*1½ to 1¾ pound boneless turkey breast roast, skin and fat removed*

*2 teaspoons mixed dried herbs (mix a combination of any/all – rosemary, basil, parsley, tarragon, chives, thyme, sage)*

*¾ teaspoon salt*

*½ teaspoon black pepper*

*½ teaspoon garlic powder*

*3 tablespoons no-sugar added orange marmalade*

*1 pound potatoes scrubbed and cut in to 1-inch cubes (can use any type of potatoes)*

*1 tablespoon extra virgin olive oil*

*4 medium carrots, peeled and cut in to 1-inch sections*

### Cooking Instructions

Preheat oven to 375 degrees.

Spray a 9x13-inch casserole dish with cooking spray and place the turkey in the dish.

In a small bowl, mix dry ingredients (herbs, salt, pepper, garlic powder). Rub half of mixture over the turkey.

Spread marmalade over turkey.

Stir potatoes, carrots and oil into remaining herb mixture. Place vegetables in dish around the turkey. Bake for 1 hour.

Remove from oven and let sit 5-10 minutes to allow juices to redistribute.

Nutritional Analysis	Per serving
Calories Per Serving	257
Total Fat	3.5 g
Saturated Fat	.5 g
Trans Fat	0.0 g
Polyunsaturated Fat	.5 g
Monounsaturated Fat	2.0 g
Cholesterol	76 mg
Sodium	389 mg
Carbohydrate	23 mg
Fiber	3 g
Sugar	7 g
Protein	32 g
Dietary Exchanges: 1 starch, 1 vegetable, 4 lean meat	



## Pork Tenderloin & Spinach with Parmesan

Serves 4

### Ingredients

#### Pork Tenderloin

1-pound pork tenderloin, all visible fat removed

Cooking spray

¼ cup light Italian salad dressing

2 teaspoons dried Italian seasoning

2 tablespoons lemon juice

¼ teaspoon pepper

#### Spinach

1 (10 oz) package of frozen chopped spinach

Cooking spray

½ medium onion, chopped

2 tablespoons lemon juice

1 teaspoon minced garlic from jar or 2 cloves minced

2 tablespoons fat-free grated parmesan cheese

2 tablespoons unsalted, unroiled pine nuts (optional)

### Cooking Instructions

#### Pork Tenderloin

Combine salad dressing, Italian seasoning, lemon juice and pepper in a bowl and mix well. Combine liquid mixture and pork in a resealable plastic bag, turning to coat. [Refrigerate overnight if time allows]

Preheat oven to 400 degrees. Spray cooking sheet with cooking spray and place pork in the center. Pour any marinade remaining in the bag on top. Bake for 30 minutes until desired doneness. Let stand 5 minutes to allow juices to redistribute before slicing.

**TIP:** When cooking tenderloins often one end is smaller than the other, by tucking the smaller end under so both ends are approximately the same thickness it will cook more evenly. However, if some members of your household prefer well-done and other's enjoy rarer meats having a thinner end can give you more variety.

#### Spinach

Spray saucepan with cooking spray. Saute onions on medium-high heat 3 minutes. Add spinach to onions and cook according to package directions. Drain well – wring off as much water as possible. Add lemon juice and garlic, stir. Sprinkle parmesan and pine nuts (optional) over spinach and lightly toss.



Nutritional Analysis	Per serving w/nuts	Per serving without nuts
Calories Per Serving	208	188
Total Fat	6.5 g	4.5 g
Saturated Fat	1.5 g	1.0 g
Trans Fat	0.0 g	0 g
Polyunsaturated Fat	2.0 g	1.0 g
Monounsaturated Fat	2.5 g	1.5 g
Cholesterol	75 mg	75 mg
Sodium	292 mg	292 g
Carbohydrate	9 mg	9 g
Fiber	3 g	3 g
Sugar	3 g	3 g
Protein	29 g	28 g
Dietary Exchanges:	2 vegetable, 3½ lean meat	

## Green Bean Salad Vinaigrette

Serves 12: ½ cup per serving

### Ingredients

1 quart water for fresh green beans or ¼ cup for frozen

1 pound fresh or frozen green beans

1½ tablespoons raspberry vinegar or red or white wine vinegar

¾ to 1 teaspoon yellow mustard

½ teaspoon finely snipped fresh thyme or 1½ teaspoons dried, crumbled

½ teaspoon finely snipped fresh parsley or 1½ teaspoons dried, crumbled

½ teaspoon honey

½ medium garlic clove, minced

¼ cup canola or corn oil

¼ teaspoon salt

⅛ teaspoon pepper, or to taste

1 medium red bell pepper, cut lengthwise into thin strips

½ to 1 small red onion, cut lengthwise into thin strips

¼ teaspoon grated lemon zest

### Cooking Instructions

In a large saucepan, bring the water to a boil over high heat. Add the beans. Boil for 5 minutes.

Meanwhile, fill a large bowl with cold water. When the beans are ready, drain them in a colander, then plunge them into the cold water to stop the cooking process and cool quickly. Once the beans are cold, drain well and pat dry with paper towels.

While the beans are cooling, in a separate large bowl, whisk together the vinegar, mustard, thyme, parsley, honey, and garlic. Slowly whisk in the oil, continuing to whisk until thoroughly combined. Whisk in the salt and pepper.

Add the green beans, bell pepper, and onion to the vinegar mixture. Toss to coat. Cover and refrigerate for at least 30 minutes. Just before serving, sprinkle with the lemon zest.

Nutritional Analysis	Per serving
Calories Per Serving	29
Total Fat	1.0 g
Saturated Fat	0 g
Trans Fat	0 g
Polyunsaturated Fat	.5 g
Monounsaturated Fat	.5 g
Cholesterol	0 mg
Sodium	52 mg
Carbohydrate	4 g
Fiber	2 g
Sugar	1 g
Protein	1 g
Dietary Exchanges:	1 vegetable



