



Healthy Holiday Eating

Prep

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We all love holiday food. Pumpkin pie topped with whipped cream, pecan pie, frosted sugar cookies, fudge, mashed potatoes and gravy, sweet potatoes smothered in brown sugar and butter. Is anyone else's mouth watering yet? Holiday's are a time of celebration, family, friends, and good food. But, with all that good food often comes some not so good weight gain. What can you do to prevent weight gain and still enjoy the holidays?

Here are a few simple tips to help guide you through the coming months of holiday feasts.

- Make healthy food and bring it along with you to the holiday meal. This way you will always have something healthy to eat in a dining room full of high calorie dishes.
- What to bring? A fresh fruit salad is always a healthy and appetizing dish to bring to a celebration. You can also bring a big salad tossed with shredded carrots, grape tomatoes, and sliced cucumbers. Don't forget the low-fat dressing. Simply prepared vegetables such as steamed carrots or green beans are also healthy side dish options. You can also bring a simple vegetable tray.
- Eat something before you go. I know this might sound silly, but your stomach can only hold so much food. If you are starving you may overeat. Eat a little something like yogurt, fruit, or lean meat. The point is not to go hungry.
- Take larger portions of healthier options such as the turkey, fresh fruit and vegetables and smaller portions of the more calorie dense foods like mashed potatoes with gravy, sugary, marshmallow topped sweet potatoes and white bread roll with butter. When it comes to dessert, take a half piece or just a few bites.



- Drink water. Beverage calories can add up quickly. A few glasses of sweet wine, apple cider, egg nog, fruit juices, pop and hot cocoa can easily add a few hundred calories to your meal. Everything in moderation, if the holiday drinks are your favorite, try just a small serving.

- Choose your favorites. Make sure you only choose the things you really love. Leave off the items that are just there as part of traditional holiday celebrations, but are not really your favorites. Also, it is key to watch portion sizes. You can enjoy all of your holiday favorites in moderation.

Low-Fat Traditional Pumpkin Pie

- 1 9-inch pastry shell, uncooked (look for non-fat or try the recipe without the crust)
- 1 (16 ounce) can pumpkin (2 cups)
- 1 (14 ounce) can non fat sweetened condensed milk (NOT evaporated milk)
- 4 egg whites
- 1 teaspoon ground cinnamon
- 1/2 teaspoon ground ginger
- 1/2 teaspoon ground nutmeg
- 1/2 teaspoon salt (optional)

(One slice has 290 Calories, 7g Total Fat & 3g Sat. Fat.) If you really want to save fat and calories, skip the crust and continue the recipe as directed. You'll decrease the calories to 170 and the total fat to 0 grams!

Preheat oven to 450°F. In a large mixing bowl, combine all ingredients except pastry shell; mix well. Pour mixture into pastry shell and bake for 15 minutes. Reduce oven temperature to 350°F and bake for an additional 35 to 40 minutes or until a knife inserted 1 inch from edge comes out clean. Cool. Garnish as desired.