

Healthy Holiday Eating

Enjoying the Holidays with an Eye Towards Health

The holiday season is filled with joyous gatherings of family and friends, but all the festive food can make eating nutritiously a real challenge. Maintaining a balanced diet and active lifestyle is important. For that reason we've come up with a few simple suggestions to help you and your families enjoy happy and healthy holidays.

Easy Tips for Healthier Holiday Eating

Don't head to a holiday party hungry. If you arrive at a party famished, you're much more likely to overindulge. Be sure to have a light healthy snack such as carrots sticks and hummus or apple slices and low-fat cottage cheese prior to the event.

Think ahead. It's a good idea to think about your food selections prior to hitting the holiday party scene to avoid choosing high fat, filling foods first. Consider beginning with the vegetable platter or reaching for the shrimp cocktail to start.

Pick your portions wisely. Be sure to treat yourself this holiday, but focus on taking small portions of your favorite seasonal goodies. This will help to keep your calorie intake under control while ensuring that your taste buds are tantalized.

Decide on nutritious drinks. Many holiday beverages such as eggnog, alcohol and punches can be high in calories. Consider limiting those beverages and trying water with a twist of lemon or combining 100% grape juice with sparkling water to create a delicious spritzer.

Continue to exercise. Busy holiday schedules and colder weather can often result in skipping the gym. To help keep holiday stress at bay and burn those extra calories, find time to fit in some exercise. Most adults need about 30 minutes of moderate-intensity aerobic activity each day. Even ten minutes of fast-paced walking between dinner and dessert can contribute to this goal.

A Recipe for Healthy Holidays

Small changes to your holiday cooking can also have big rewards. For recipes with milk, cream and cheese ingredients, choose low fat or skim options to cut calories and fat. Try replacing up to ½ the oil in a cake, muffin or quick bread recipe with unsweetened applesauce. In general, white meats are leaner than red meats, so where possible substitute lean ground turkey for ground beef. Also, look for recipes that are low in total and saturated fat. Many recipes will have nutrition information per serving listed, so check to see if total fat is 3 grams or less and saturated fat is 1 gram or less.

Tasty Holiday Selections from Welch's

Halloween is a time of sweet treats, but why not consider a sweet treat from Mother Nature? Welch's Dried Fruit can be a delicious and nutritious treat, and the variety packs offer trick or treat sized pouches that can be handed out at the door.

Thanksgiving feasts are a plentiful with poultry and other fall root vegetables, such as yams, carrots and sweet potatoes. For a tasty side dish try *Grape Glazed Carrots* or *Roasted Root Vegetables* made with Welch's 100% Grape Juice and Welch's 100% White Grape Juice, respectively.

The **December holidays** abound with parties and celebrations, and a tasty crowd favorite is *Tangy Grape BBQ Meatballs*. Make them bite-sized and serve them from a crockpot with toothpicks for a zippy portion-controlled appetizer. Top the meal off with *Poached Pears in Purple Grape Juice* for a light and delicious ending.

So whether you're hosting a party or attending one, keep an eye towards nutritious choices and enjoy the holidays.

For these and other heart healthy recipes using Welch's products, visit www.welchs.com/healthprofessionals/healthy-recipes.aspx.