

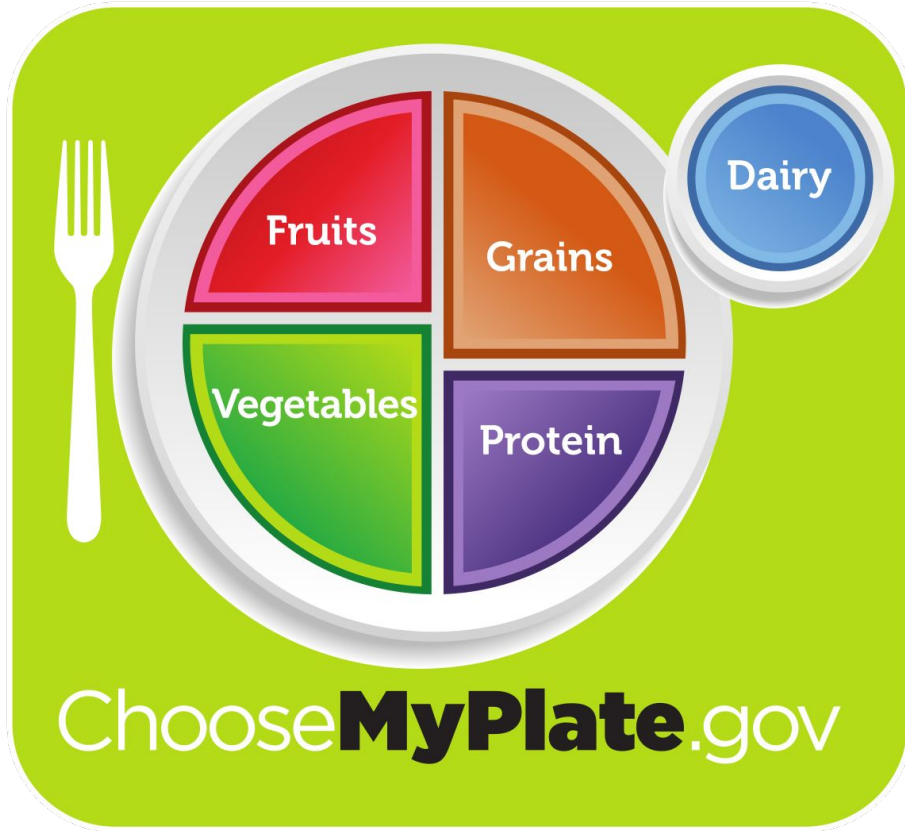


A Healthy You During the Holidays

Tips for Building a
Healthy Meal

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- Each meal and food choice impacts your health
- Strive to include all food groups in your diet every day
 - ◆ Fruits
 - ◆ Vegetables
 - ◆ Grains
 - ◆ Dairy
 - ◆ Protein
- Limit added sugars, saturated fat, and sodium



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Make Half Your Plate Fruits and Veggies

- Fruits and vegetables are low in fat and calories, free of cholesterol, and full of nutrients that support good health such as:
 - ◆ Potassium, dietary fiber, folate, vitamin A, and vitamin C
 - ◆ Beta-carotene in sweet potatoes and carrots breakdown into Vitamin A
 - Kidney health, immune system, eye health
- Can help reduce the risk for heart disease, heart attack, and stroke
- Raw is always better
 - ◆ Cooked vegetables provide good nutrients as well, but they lose vitamins and minerals during cooking

Include Whole Grains

- When possible, choose whole grains over refined grains because they provide more nutrients
- What to look for on food labels: 100% whole grain or 100% whole wheat
- Some examples of whole grains are:
 - ◆ Whole wheat bread and pasta, popcorn, rice, oatmeal, grits, and tortillas
- Most whole grains are enriched so B vitamins and iron are added back after processing
- Whole wheat, whole grain, or non-gluten flours can be easily substituted for bleached or bread flour for all holiday baking recipes

Don't Forget the Dairy

- Try adding a cup of fat-free or low-fat milk to your meal
- Cheese, soymilk, and yogurt are good options alternatives
- Calcium is needed for bone and teeth maintenance and can reduce the risk of osteoporosis
- Try to avoid high-fat dairy sources that are common during the holidays such as butter, cream, and eggnog

Add a Lean Protein

- RDA = 0.8 g protein per kg of bodyweight
- Types of lean protein:
 - ◆ Lean beef, pork, chicken, turkey, eggs, beans, nuts, tofu
- Try adding seafood to your plate twice a week
- Protein provides B vitamins, vitamin E, iron, zinc, and magnesium

Avoid Extra Fat

- Skip the sauce or gravy- they add extra calories and fat to a meal
- Baking and sauteeing alternatives
 - ◆ Try using olive oil or coconut oil instead of butter
- Awareness should also be taken with the mixed nuts and nut flavored pies like pecan pie; fat content is higher

Take Control of Your Food

- Try eating at home more often
 - ◆ If this is not an option, look at the nutrition information on prepared foods or at restaurants
- Choose options that are lower in calories, saturated fat, and sodium
- Watch your portion sizes
- Enjoy your meal and chew slowly to reduce eating more
- Have a colorful plate filled with fruits and vegetables
- Watch liquid calories such as egg nog, sugary drinks, and alcohol

Take Control of Your Food

- Listen to your hunger cues and practice mindful eating
- Avoid distractions such as sitting in front of the television or hovering around the food table
- Consume a small meal or snack before family gatherings or work parties to avoid overeating
- Stay hydrated with water
- Savor the foods you truly enjoy and pass on the foods that you don't wish to consume

Don't Be Afraid to Try New Foods

- Trying new recipes or foods can keep your diet interesting
 - ◆ This may even start new food traditions during the holidays
- Try trading recipes with family, friends, or coworkers
- Use new cooking techniques like baking, steaming, or grilling
- Healthier substitutions can always be made, it doesn't mean you have to sacrifice flavor
- Be conscious of options you have when baking or cooking

Satisfy Your Sweet Tooth Healthfully

- Try fresh fruit with yogurt for dessert
- If you're craving a warm dessert, try baked apples sprinkled with cinnamon
- Try using a low-calorie sweetener, decrease the amount of sugar used, or swap for a natural source
- Replace butter in baked goods by using a mashed banana or applesauce
- Moderation is important and understanding true portion and serving sizes

For More Information Visit:
www.choosemyplate.gov