

Food for Thought

December 2019

Tiny Tastes This Holiday Season Can Add Up

Extra calories can sometimes sneak up on us over the winter holidays. Calories don't always come in the form of large portions of high calorie foods. Sometimes they sneak in through tiny tastes throughout the day. Let's look at how those "tiny tastes" can really add up. Calories are approximate and will vary, depending on brand, recipe, exact serving size, etc.



- 🌲 TASTE 1 Oops! I broke that cookie removing it from the baking sheet. I'll just eat the half that didn't get all crumbled up. Approx. 30 calories
- 🌲 TASTE 2 Someone brought holiday candy to work today! I'll just have one small piece of the peanut brittle. Approx. 80 calories
- 🌲 TASTE 3 It's mid-afternoon and I still haven't eaten lunch. I need to pick up a few things at the grocery store before I head home. The grocery store is offering food samples — I'll just eat a little cracker with spread to tide me over until I get to lunch. Approx. 40 calories
- 🌲 TASTE 4 The fast food place is giving out 1/4 cup samples of its special flavored holiday coffee. I can't pass that up! Approx. 20 calories
- 🌲 TASTE 5 Still a couple of hours to go at work before I head to the holiday dinner tonight. I think I'll check out the break room to see if any more goodies have shown up. Some chocolate-covered cherries have appeared! I'll just have one. Approx. 60 calories
- 🌲 TASTE 6 It's a great dinner party, but maybe I shouldn't stand near the snack table before the meal starts. I'm now dipping my third chip. Approx. 75 calories
- 🌲 TASTE 7 Who can pass up eggnog? I'll just have a half cup. Approx. 200 calories
- 🌲 TASTE 8 There are just a couple of tablespoons of candied sweet potatoes left. Someone should enjoy them — it might as well be me! Approx. 60 calories
- 🌲 TASTE 9 The nice thing about helping dish up dessert is you can take a little "preview" taste — using a separate tasting spoon, of course! One heaping tablespoon of candy cane ice cream coming right up! Approx. 70 calories

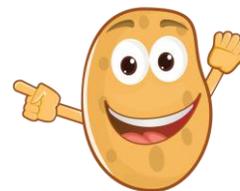
TOTAL TASTING CALORIES FOR THE DAY 635

If these "tiny tastes" continue throughout the holidays, it might be possible to gain weight! On average, an additional 3,500 calories above your body's needs can lead to a weight gain of a pound. On the flip side, cutting back on just 100 extra calories per day can lead to a weight loss of 10 pounds per year. Being mindful of these "tiny tastes" can be a great way of maintaining weight during the holiday season.



Yogurt Mashed Potatoes

4 cups potatoes, peeled, cut into eighths (about 2 pounds as purchased)
¼ cup fat-free milk
1¼ cups plain fat-free yogurt
4 green onions, sliced
½ to 1 teaspoon garlic powder, or desired seasoning
Pepper to taste
Chopped fresh parsley



1. Place potatoes in microwave-safe dish. Add milk. Cover tightly and cook on high until potatoes are tender but not mushy, about 12 minutes.
2. Meanwhile, combine yogurt, green onions, and garlic powder in a bowl.
3. Remove potatoes from microwave, add yogurt mixture, and mash roughly.
4. Season with salt and pepper and garnish with parsley.

Crustless Pumpkin Pie

¾ cup granulated sugar
½ teaspoon salt
¼ teaspoon ground cloves
1 can (15 ounces) pumpkin (not pumpkin pie filling)
Reduced-fat whipped topping, optional

1 teaspoon ground cinnamon
½ teaspoon ground ginger
2 large eggs
1 can (12 oz) evaporated fat-free milk

1. Spray 9-inch round glass pie dish with nonstick cooking spray. Preheat oven to 325°F.
2. Mix sugar, cinnamon, salt, ginger, and cloves in small bowl.
3. Beat eggs in large mixing bowl. Stir in pumpkin and sugar-spice mixture. Gradually stir in evaporated milk. Pour into pie dish.
4. Bake for 55 to 60 minutes or until knife inserted near center comes out clean. Cool on wire rack for 2 hours. Serve immediately or cover and refrigerate. Top with whipped topping if desired.

Sources: <https://food.unl.edu/documents/Tiny-tastes.pdf>; <https://www.bookstore.ksre.ksu.edu/pubs/MF3088.pdf> retrieved 11/26/19

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