

SENIOR NUTRITION NEWS

Eat Smart Idaho

December 2018



Healthy Holiday Food Tips

Traditional holiday foods are not known for their low calories or healthy ingredients. There are ways to eat healthier and still enjoy traditional foods. Substituting healthier ingredients in high calorie recipes can lower the fat, salt and sugar.

- **Try to use more fresh fruits & vegetables.** Serve fresh fruits as appetizers or with salads or desserts. Include vegetables in as ingredients for dips, soups or cooked dishes. Substitute dried fruits for candy.
- **Reduce salt and sodium** by using mixtures of herbs and spices instead of salt, onion, garlic powder and garlic salt. For recipes in which salt is only providing taste, reduce the amount or omit completely.
- **Reduce total fat** by using evaporated skim milk for cream when mixing whipped topping. The evaporated milk, mixing bowl and beaters must be well chilled for milk to whip. Substituting plain low-fat or nonfat yogurt for sour cream in baking recipes or sauces will lower the fat content. Alternatives to frying include: roasting, baking, braising, stewing, poaching, grilling, broiling, sautéing, stir-frying or microwaving.
- **Choose healthier oils** like: corn, soybean, safflower, canola, sunflower, cottonseed, sesame seed, peanut or olive. Reduce saturated fat by removing the skin from poultry products, using leaner cuts and cutting away visible fat.
- **Use whole grains**, such as whole-wheat breads and cereals to increase your intake of dietary fiber.
- **Reduce the amount of food you eat.** Enjoy high calorie foods but eat smaller portions. Many favorite recipes can be modified to make them more nutrient dense and lower in fat by reducing or substituting ingredients that are more healthful. Remember, recipes are only guidelines for preparing food. Do not be afraid to experiment!



Have a Happy Red & Green Holiday!



Eating a variety of colorful fruits and vegetables each day helps maintain good health, protect against the effects of aging, and reduce the risk of cancer and heart disease. Have some fun with the **red** and **green** colors during the winter holiday season. Some quick red and green fruit/vegetable combos include:

- Red and green apple slices surrounding your favorite fruit dip like a wreath
- Cole slaw served with red apple chunks or cherry tomatoes
- Tomato soup garnished just before serving with a sprinkle of green onion stems
- Red and green grapes
- Pomegranate juice garnished with a slice of lime
- Juicy pomegranate seeds tossed atop a green salad
- Pizza with a tomato sauce topping and chopped green peppers

RED: Tomatoes Spaghetti sauce Red peppers Red onions
Beets Red cabbage Kidney beans Apples Red grapes
Strawberries Cherries Cranberries Pomegranates

GREEN: Leafy greens Asparagus Green peppers Broccoli
Green beans Peas Cabbage Brussel sprouts Zucchini
Green apple Green grapes Honeydew melon Kiwifruit Limes

Sources: http://msue.anr.msu.edu/news/tips_for_eating_healthy_during_the_holidays; <http://lancaster.unl.edu>
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This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your local food stamp office, or call 1-800-221-5689 for Idaho's toll-free number. The University of Idaho is an equal opportunity/affirmative action employer, provider and educational institution.