

SENIOR NUTRITION NEWS



December 2019

Eat Smart Idaho

Healthy Holiday Food Tips

This time of year can be a challenge with so many treats and special foods readily available. By being more mindful, you can stay focused on health, enjoy yourself and not gain extra weight. Take advantage of these ideas for healthier versions of popular holiday foods:

- Make mashed potatoes with skim milk and low-fat and low-sodium broth.
- Try mashed sweet potatoes.
- Try a vegetable or fruit-based stuffing
- Remove the skin from turkey or poultry.
- Prepare a baked ham without a glaze.
- Prepare gravy with low-fat, low-sodium broth
- Enjoy a fruit and vegetable platter as an appetizer.
- Choose unsalted nuts.
- Top your fruit crisp with oatmeal,
- Make a crustless sweet potato or pumpkin pie and use evaporated skim milk and egg whites or egg substitute.
- Make chocolate pudding with skim milk.
- Make cakes and other baked goods with unsweetened applesauce in place of oil or butter.
- Choose reduced-fat eggnog



Pumpkin Pudding

- 1 can (15-ounce) pumpkin or 2 cups cooked mashed squash (such as Hubbard)
- 1/8 teaspoon salt
- 2 teaspoons pumpkin pie spice (or 1 teaspoon cinnamon, 1/2 teaspoon ginger, 1/4 teaspoon nutmeg and 1/4 teaspoon cloves)
- 1 1/2 cups non-fat or 1% milk
- 1 package (3.5 ounces) instant vanilla pudding mix

In a large bowl, mix pumpkin, salt and pumpkin pie spice together. Slowly stir in milk and mix well. Add instant pudding mix and stir for 2 minutes until it thickens. Refrigerate until serving time. Refrigerate leftovers within 2 hours.

Pumpkin Smoothie in a Cup

- 2/3 cup low fat vanilla yogurt (1 small 6 ounce container)
- 4 tablespoons canned pumpkin
- 2 teaspoons brown sugar
- 1/4 teaspoon cinnamon
- 1/8 teaspoon nutmeg (optional)



Stir all ingredients together in a bowl. Serve. Refrigerate leftovers within 2 hours. Top with granola or nugget type cereal for extra crunch. Extra canned pumpkin can be frozen.

For Information on Eat Smart Idaho classes, contact the Nutrition Instructor in your county:

Panhandle: Benewah, Bonner, Boundary,
Kootenai & Shoshone Counties 208-446-1680

North Central Idaho: Clearwater, Idaho, Latah,
Lewis, & Nez Perce Counties 208-883-2267



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Sources: <https://www.foodhero.org/recipes/healthy-recipes>; <https://healthyyou.ksre.k-state.edu/healthy-eating/documents/fall-winter-gatherings.pdf> retrieved 12/02/19

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