



TEACHING TOOL DOWNLOAD

December

HEALTHY FAMILY HOLIDAY TIPS AND INGREDIENT SUBSTITUTIONS

The holidays can be filled with delicious spreads of food and recipes, ranging from heavy dips and sauces to delicious homemade baked cookies. We still want you to be able to enjoy your holiday favorites. Here are some of our top tips for eating healthy during the holidays.

1. If you're entertaining or bringing a dish to a gathering, consider some healthy ingredient substitutions to lighten up the dish. Some options include:
 - a. Substituting applesauce for part of the oil
 - b. Using margarine or butter in muffins and quick breads
 - c. Using fat-free yogurt instead of sour cream and whipped toppings in dips, sauces and pie toppings
 - d. Substituting sliced almonds as a delicious, crunchy topping for salads and casseroles in place of fried onion rings
 - e. Replacing full-fat cheeses with low-fat or reduced-fat options
 - f. Opting for white meat turkey over dark meat to save half the fat
2. Try to include sweetpotatoes in your family dinner for more nutrients and a pop of color. Use sweetpotatoes in place of candied yams, which have over 200 calories per half-cup serving. A serving of baked sweetpotatoes offers about 100 calories, 4grams of fiber, and several nutrients and antioxidants.
3. Simplify holiday cooking to allow more time for exercise and family activities. Consider buying some premade options, prepping some food the night before, or having things put together to just throw in the oven on Christmas morning or afternoon. Give different family members different responsibilities. Incorporate equipment like a crockpot and food processor, when applicable.
4. Be active as a family during the holidays. Determine times when most family members are available, and rather than watching tv, try to devote time to an activity. Whether it's a group walk or run, a family cleaning session, playing charades or a dance party, activity can get your heart rate up and release some "feel good" endorphins for the rest of the day. You can also consider volunteering to deliver food or supplies to families in need. In addition, family activities will create special memories and help to relieve holiday stress.



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5. Try to involve all family members in food preparation throughout the day. For example, enlist toddlers to wash ingredients and fresh produce (which also provide a healthy snack!), or mix ingredients for a recipe. Older children can help measure and cut ingredients and assist with setting the table. Not only will this help keep family members busy and entertained, but it also involves teamwork and makes everyone feel like they are playing a role in the meal and day. Plus, it offers ample opportunities for making memories.
6. Decorate your plate with veggies first. Use a small plate, which will look more filling when full, compared to a large plate. Allow yourself to go up for seconds if you want them, but remember that you'll likely have leftovers for later as well.



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