

## Healthy Lifestyles – Marshfield Area Coalition’s

### Hints for Health

*Healthy Lifestyles – Marshfield Area Coalition’s goal is to promote healthy eating and active living through community educational programs and events. Coalition members bring you “Hints for Health.” Check out these tips on how to enjoy the holidays without sabotaging your health. Enjoy!*

### Feel Good About Thanksgiving

Did you know that the average Thanksgiving meal has over 2000 calories? Set a goal this holiday season and follow these tips to remain feeling healthy and energetic and avoid that post meal slump.

- **Don’t go to a party hungry.** Eat a wholesome snack before arriving to your thanksgiving party to avoid overeating when the meal is served.
- **Peruse first.** Circle the buffet line before taking a plate; this way you can choose what you really want to indulge in before making impulse choices.
- **Thanksgiving dinner is not an all-you-can-eat buffet.** Fill half of your plate with fruits and vegetables, one quarter with a lean meat and the rest with a grain of your choice.
- **Turkey - go skinless.** Choose your 4-oz turkey portion skinless to slash away some fat and cholesterol.
- **Side Dishes - watch your portion size.** Go for smaller portions. This way you can sample all the different foods. Moderation is always the key.
- **Move away from the table.** Stay at least an arms length away from the food table before and after you eat to prevent you from nibbling.
- **Be active.** Include physical activity as part of your holiday plans; go for a walk with a family member or take a family stroll to admire the neighborhood lights.

### Did you know...

**You don't have to feel guilty about splurging on your favorite dishes and goodies this holiday season. You can still enjoy those special holiday recipes using simple substitutions to make them healthier:**

**Broths:** Instead of sautéing meats and vegetables in oil, try steaming them in a 1/2 cup of canned vegetable, chicken or beef broth. Canned chicken broth can also be used in place of butter to moisten mashed potatoes.

**Cranberry Sauce:** Choose canned cranberry sauce on turkey rather than gravy.

**Evaporated Milk:** Substitute canned evaporated milk in recipes that call for cream.

**Vegetables:** Replace some of the bread in holiday stuffing with chestnuts and chopped vegetables - nutritious alternatives.

**Yogurt:** Top off holiday pies using frozen or low-fat yogurt instead of whipped cream or ice cream. You can also use plain Greek yogurt in holiday hors d'oeuvre recipes to replace sour cream and create holiday snacks that are delicious and higher in protein but lower in fat and calories.

Source: [www.mealtime.org](http://www.mealtime.org)