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Nutrition Philosophy for the Holidays and Beyond

There are no “bad” foods that you should eliminate from your diet.

All foods and drinks can be enjoyed.

Moderation, Variety, and Balance are important to health.

If you want to stay the same weight you must balance intake with output

To lose weight you need less energy intake and/or more output

To gain weight you need more energy intake and/or less output

Protein

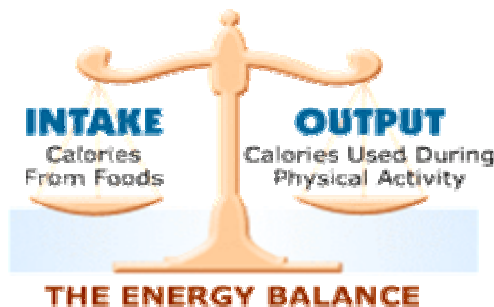
Fat

Carbohydrate

Thermic Effect of Food

Physical Activity

Resting Metabolic Rate



So the equation is simple but the effort is not. For most people it takes planning and effort to stay in energy balance.

How can you plan for energy balance over the holidays?

Think about your nutrition over the course of a day.

Example: You are going to a party and the hosts will serve a rich and delicious meal.

No problem, you will enjoy it all in moderation!!

To balance out your day you could have a healthy breakfast, lunch and snacks.

Breakfast suggestions:

Oatmeal (whole grain carbohydrate)

Toasted Nuts or Seeds (Protein)

Fruit or Juice (Carbohydrate and Fiber)

Whole Wheat Toast with spread

Or

Yogurt

Muesli or granola on top

Piece of Fruit

Or

1 egg

Toast

Fruit or Juice

Lunch Suggestions:

Bowl of Soup or Chili

Whole Grain Bread

Salad with oil dressing

Fruit

Or

Sandwich

whole wheat bread

lean meat or tuna

lettuce

mustard/mayo

Milk

Fruit



Calorie Examples From Alcoholic Beverages

Basic drinks* listed below should be made with 80 proof, one ounce shots, using three ounces of mixer, over ice. If using 100 proof, add 18 more calories to each. These are all approximate counts, as brands and mixers may vary. Neither club soda nor water have calories, so making a drink with these don't add calories.

Scotch & Soda*	65
Gimlet	73
Vodka or Gin & Tonic*	92
Whiskey Sour* (No garnish)	89
Bloody Mary (With Celery)	90
Light Beer	96 to 110
Rum & Coke*	101
7 & 7*	104
Glass of Dry Wine (4 oz.)	104
Banana Daiquiri (1/2 Banana)	134
Regular Beer	144
Wine Cooler	215
White Russian	222

Light and Healthy Dessert

Baked Pears with Cranberries and Walnuts

From Fiona Haynes, Your Guide to Low Fat Cooking.

Enjoy with a scoop of low fat frozen yogurt or whipped topping sprinkled with a little cinnamon or nutmeg.

Prep Time: 15 minutes

Cook Time: 20min

INGREDIENTS:

- 3 ripe but firm pears, peeled, cored and quartered
- 1/3 cup pomegranate juice
- 1/2 cup dried cranberries
- 1/4 cup chopped walnuts or nut of your choice

PREPARATION:

Preheat oven to 350 degrees.

Place quartered pears in a baking dish. Drizzle pomegranate juice over pears. Sprinkle cranberries and walnuts over the top. Bake for 20 minutes, or until pears are tender. Serve with juices and fat-free or low fat frozen vanilla yogurt.

Per Serving: Calories 197, Calories from Fat 44, Total Fat 5g (sat 0.4g), Cholesterol 0mg, Sodium 4mg., Carbohydrates 36.7g, Fiber 4g, Protein 1.5g

Appetizer

Goat Cheese and Chocolate-Stuffed Dates

24 whole pitted Medjool dates

1/4 cup goat cheese

1 Tbsp grated unsweetened chocolate

1 1/2 tsp powdered sugar

1. open and slit each date, stuff about 1/2 tsp of goat cheese and about 1/8 tsp of chocolate inside each date. Close date around filling; press gently to seal. Arrange stuffed dates in a single layer on a platter; sift powdered sugar over dates.

12 servings (2 stuffed dates) Calories 65, Fat 1.3 grams, Protein 1.3, Carbohydrate 13.4, Fiber, 1.4

Lunch or Light Dinner

Split Pea Soup

2 cups split peas

½ Tbsp mild curry powder

9 cups water

1 tsp dry thyme

¼ cup olive oil

¼ tsp salt

½ cup chopped onion

½ tsp white pepper

½ cup chopped carrots

2 Tbsp white miso

½ cup chopped celery

½ cup water

2 cups cubed potatoes

1 ½ Tbsp Tamari soy

Sauté onions, celery, and carrots in olive oil in a soup pan. Add spices to this and cook a few more minutes. Toss in Potatoes, Split peas and water. Bring to a boil. Simmer for 30 minutes or until peas are broken down. Turn off the heat and add miso that has been dissolved in ½ cup of water and tamari.

Serve with crusty bread and a salad.

General Tips:

- Keep vegetables low-calorie by avoiding lots of added fat.
- Butter, margarine, and oil all have about the same amount of calories.
- Oil is unsaturated fat, butter and margarine are not.
- Be cautious of how many calories you drink: mochas, lattes, smoothies, regular sodas, juice, etc.,
- Eat whole grains for at least half your grain choices



Endosperm –carbohydrate rich center

Bran-fiber

Germ-protein, fat, B-vitamins