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

<table>
<thead>
<tr>
<th>Protein</th>
<th>Thermic Effect of Food</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fat</td>
<td>Physical Activity</td>
</tr>
<tr>
<td>Carbohydrate</td>
<td>Resting Metabolic Rate</td>
</tr>
</tbody>
</table>

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:                        Lunch Suggestions:
Oatmeal (whole grain carbohydrate)            Bowl of Soup or Chili
Toasted Nuts or Seeds (Protein)               Whole Grain Bread
Fruit or Juice (Carbohydrate and Fiber)       Salad with oil dressing
Whole Wheat Toast with spread                Fruit
Or                                             Or
Yogurt                                         Sandwich
Muesli or granola on top                      whole wheat bread
Piece of Fruit                                 lean meat or tuna
Or                                             lettuce
1 egg                                          mustard/mayo
Toast                                          Milk
Fruit or Juice                                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.

<table>
<thead>
<tr>
<th>Drink</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>Scotch &amp; Soda*</td>
<td>65</td>
</tr>
<tr>
<td>Gimlet</td>
<td>73</td>
</tr>
<tr>
<td>Vodka or Gin &amp; Tonic*</td>
<td>92</td>
</tr>
<tr>
<td>Whiskey Sour* (No garnish)</td>
<td>89</td>
</tr>
<tr>
<td>Bloody Mary (With Celery)</td>
<td>90</td>
</tr>
<tr>
<td>Light Beer</td>
<td>96 to 110</td>
</tr>
<tr>
<td>Rum &amp; Coke*</td>
<td>101</td>
</tr>
<tr>
<td>7 &amp; 7*</td>
<td>104</td>
</tr>
<tr>
<td>Glass of Dry Wine (4 oz.)</td>
<td>104</td>
</tr>
<tr>
<td>Banana Daiquiri (1/2 Banana)</td>
<td>134</td>
</tr>
<tr>
<td>Regular Beer</td>
<td>144</td>
</tr>
<tr>
<td>Wine Cooler</td>
<td>215</td>
</tr>
<tr>
<td>White Russian</td>
<td>222</td>
</tr>
</tbody>
</table>
**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
- 9 cups water
- ¼ cup olive oil
- ½ cup chopped onion
- ½ cup chopped carrots
- ½ cup chopped celery
- 2 cups cubed potatoes
- ½ Tbsp mild curry powder
- 1 tsp dry thyme
- ¼ tsp salt
- ½ tsp white pepper
- 2 Tbsp white miso
- ½ cup water
- 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