

Eat Right, Move More During the Holidays

Go-To Party Foods

Here are some easy party foods and drinks to bring to your next event:

- Vegetable tray with salsa, low-fat dip
- Reduced-fat popcorn
- Fruit salad or kabobs
- Diet soda with a lime
- Club soda with a lime
- Hot tea or coffee
- Bean salad without oil
- Plain green salad
- Shrimp cocktail
- Low-fat chili

Red-Flag Foods Be Alert and Avoid These High-Calorie Party Foods



- Cheese and crackers
- Meat and cheese-based dips with chips
- Nuts (hard to control portion size)
- Wings, sausage bites, breads, fried foods
- Casseroles, creamy side dishes with cheese
- Desserts – cakes, cookies, candy, ice cream, pies
- Alcohol

Party Planning Checklist

Check out the tips below for ways to enjoy any holiday or party the 2 Step way.

- ✓ **Plan ahead** – find out what food is being served; plan and prepare your meals for before, during and after the event; bring at least one healthy option to share
- ✓ **Take control** – host the party so you pick the menu; offer to make the food; control your proximity to food (move farther away from food tables)
- ✓ **Make it special** – choose one food to indulge in and keep all other foods as healthful as usual; consider which foods are holiday favorites and skip foods you can get anytime like rolls, heavy sauces, high-calorie drinks, etc.
- ✓ **Have a back-up plan** – plan for all the factors that will tempt you; plan and prepare healthful meals and exercise for after the event to help you return to your healthy behaviors if you indulge more than expected
- ✓ **Be aware of alcohol** – party drinks are high in calories; alcohol lowers inhibitions and makes snacking more likely; plan what low-calorie options you will have and how you will limit the amount
- ✓ **Schedule ways to move** – alter your exercise routine (try shorter bouts); tie it to other activities (walk while shopping, before or during the party); get others involved; make an appointment to move more (set alarms, meet a friend, attend an exercise class, etc.)



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Halloween

Avoid Getting Tricked into Eating Treats

Think Before You Reach and Pause Before You Bite

Just 20 pieces of candy corn is about 150 calories and “fun-sized” candy bars aren’t so fun at 80 calories each.

It doesn’t sound like a lot if you have just one, but one often leads to many. These tiny treats can easily add up and cause you to exceed your daily needs. Even one treat a day can derail an Eat Right plan.



Better-for-you Treats

Sugar-free gum, low-fat popcorn, raisin boxes, sugar-free applesauce and gelatin packs, 100-calorie packs of pretzels and crackers, single-serving cereal boxes; low-sugar granola bars



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Common Tricks

- **Candy is everywhere** – consider all your environments such as home, work, stores and others’ homes and plan how to handle them
- **Sugar-free ≠ Calorie-free** – seen as a healthier option but lacking in nutrition; tricks us into eating more
- **Parties** – social situations with alcohol, high-calorie foods, candy and desserts are especially difficult
- **Treats for children** – your children bring home candy or you provide candy on trick-or-treat night

Ways to Treat

- **Take control** – keep unhealthy treats out of sight and reach; have healthy snacks ready to fight cravings
- **Healthful alternatives** - keep truly healthful snacks on hand such as sugar-free gum, flavored zero-calorie drinks, 1-ounce servings of nuts, 94% fat-free popcorn, fruit and fat-free, unsweetened yogurt
- **Plan for parties** – have a detailed plan set in advance; limit the number you attend; eat healthy before you go and take healthful options such as zero-calorie drinks, fruit and vegetable trays with low-fat dip, and a low-calorie dessert
- **Plan for kids’ candy** – ask your children or spouse to hide the candy; throw out leftover candy immediately or after a set amount of time (ex. 3 days – 1 week); provide non-food treats or healthful treats; buy candy you do not like so you won’t be tempted



Featured Flavor

Fill your grocery bag with fall and winter greens. Full of vitamins, minerals and disease-fighting antioxidants, leafy vegetables are low calorie, filling and one of the most healthful foods available. With kale, chard, escarole, collards and many others, there are endless possibilities to pack these nutrition powerhouses into your meal plan. Fortunately, the wide variety of greens and preparation methods go far beyond the standard green salad.

Get creative in the kitchen with some of these 2 Step ideas!

Sneak more greens into your diet with some of these serving suggestions!

- ▶ **Soup, stew, chili** – add fresh greens during the last few minutes of cooking
- ▶ **Pasta** – top a cup of cooked pasta with hearty greens sautéed with garlic, onion and bell peppers
- ▶ **Beans** – steamed greens and a cup of beans make a great stand in for meat
- ▶ **Casseroles** – layer cooked greens in your favorite casseroles such as lasagna
- ▶ **Steamed or sautéed side** – add garlic, pepper and red pepper flakes for a kick
- ▶ **Green drink** – add fresh greens to any fruit smoothie recipe for a nutrition boost
- ▶ **Stuffed peppers** – fill with cooked vegetables, spices and a grain and then bake

3 Easy Strategies to Slash Calories

- ▶ Use non-stick spray in place of oil
- ▶ Use less cheese
- ▶ Pair with another vegetable to keep pasta portions in check



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