

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

