

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



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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.)



Red-Flag Foods

Be Alert and Avoid These High-Calorie Party Foods

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



Thanksgiving

Make Your Health Thankful This Season

Top Ten Tips to Eat Right on Turkey Day

1. Eat something light before the big meal and drink plenty of water
2. Stick to 3 ounces of lean turkey breast
3. Enjoy baked or roasted sweet potato instead of casserole or candied yams
4. Fill your plate with roasted vegetables (carrots, parsnips, squash, turnips, Brussels sprouts) and green salad sides
5. Try steamed or sautéed green beans with garlic
6. Make mashed potatoes with low-fat yogurt instead of butter; stick to a ½ cup serving
7. Make stuffing with whole wheat bread and without meat; stick to a ½ cup serving
8. Substitute zero calorie sugar and applesauce for oil and butter in desserts
9. Eat the filling and skip the pie crust to save about 150 calories
10. Take a walk after you eat



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Avoid the Thanksgiving Gobble

- **Party environment** – host the gathering to control the menu; take healthful dishes to share; limit your time at the party; consider the greatest temptations; control how close you are to food (farther away is better!)
- **Very large meals and portion sizes** – prepare healthful meals before, during and after the event; avoid the mindset of “saving up” calories for the big meal; measure your food and plate vegetables first (3-4 oz. turkey, ½ cup stuffing, 2 tbsp. sauce or gravy, etc.)
- **Multiple-course meal** – prepare at least one healthful option for each course (vegetable tray as appetizer, vegetable side dish, lean meat, low-calorie dessert); find your favorites and choose only one higher calorie food to enjoy
- **Sauces and gravies** – Skip these and use a low-calorie condiment instead; prepare a lower-calorie version; measure 2 tbsp.
- **Side dishes** – prepare lower-calorie versions (lower-fat ingredients, without meat, less cheese, etc.) and vegetable sides not in casseroles (green salad, roasted vegetables, baked potatoes, etc.)
- **Desserts** – prepare lower-calorie versions and healthful options (fresh fruit, sugar-free/fat-free gelatin or puddings, fat-free whipped topping, coffee or tea); share one dessert with someone and fill your plate with fruit first
- **Leftovers** – If hosting, use to-go boxes and give food to guests; portion out into single-serving size meals; freeze leftovers in single-serving sizes
- **Change in routine** – create a schedule and plan your usual healthful behaviors (nutritious meals, exercise, etc.)
- **Likely to move less** – move more early in the day before distractions get in the way; find a community walk, often called a “turkey trot”; plan ways to move during the party and create a new tradition (walk before or after the meal); schedule physical activity for the day after Thanksgiving