

Balanced Habits™ Holiday Tips

Don't go to a party hungry: We often eat faster and more when we are hungry; therefore eat a wholesome, fiber filled breakfast and lunch during the day to avoid overeating at the party.

Watch your portions: treat yourself to a nice drink, dessert, chocolate or sweets without guilt, but always watch your portion. Go for *small portions*. This way you can sample several different foods.

→ **Moderation is always the key.**

Make a decision to limit High Fat foods: examples are; Fried Food, Cream Based Soup, Cheesy Casseroles, Pies, Processed Meats, *most* Pastries and Baked Goods.

Try different versions of Egg Nog: traditional Egg Nog is made with egg yolks and thick cream. Google "Low Fat Egg Nog" and you will find several recipes for Low Fat Egg Nog.

Try other versions of Alcohol: instead of Dark Beer, Cider, Bailey's and Kahlua, try Light Beer, Dry Wine, Bloody Mary's or Cocktails with Diet Mixers which have fewer calories. No straws! Don't drink your drink, slowly *sip it!*
→ For every cocktail, have a bottle of water with it *to drink*, and to keep you feeling a bit full. Have it in a wine glass!

Remember: Calories from Alcohol tend to be stored in the Abdomen. People actually gain weight more easily when they consume alcohol, as drinking tends to lead to eating, and not usually the better choices when you're not in your best decision making mode 😊

Keep up your Physical Activity: Take nice brisk walks with your loved ones and enjoy their company during the holiday season; bring them to a Boot Camp class to show them what you are doing to look so great! You can buy them a workout shirt to wear and have fun spending time together while getting you're getting your heart rate up!

Healthy Holiday Eating Tips: Recipe Substitutions

If you are the chef of the party, try the following lower-fat recipe substitutions.

<u>Recipe calls for</u>	<u>Substitution</u>
1 Whole Egg	2 Egg Whites <u>or</u> 1/4 cup Egg Beaters®
Sour Cream	Low Fat Plain Greek Yogurt
Buttermilk	(per 8 oz.) 2% Milk + 1 tsp. Fresh Lemon Juice
Whole Milk	2% Milk or Organic Half & Half
Ice Cream	Low Fat <u>or</u> Non Fat Frozen Yogurt
Whipped Cream	Low Fat Whipped Products such as *TruWhip®
Cheese	Use less <u>and/or</u> choose Low Fat Swiss
Salt	Use less <u>and/or</u> Fresh Herbs <u>or</u> Vinegars
Ground Beef	Ground Veal <u>or</u> Lean Turkey <u>or</u> Chicken Breast
All-Purpose Flour	White Whole Wheat
Granulated Sugar	Truvia <u>or</u> Stevia <u>or</u> Splenda Sugar Blends

(*similar to Cool Whip® minus the Hydrogenated Oils and Trans Fats)

