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HOLIDAY

Healthy Eating
Guide

Nutrition Basics **Getting Started**
Raising Healthy Kids **Getting Fit**
HEALTHY COOKING *Healthy Living For All*

Holiday Healthy Eating Guide

The holiday season is all about family, fun and food! Getting your family to eat heart-healthy, especially during the holidays, takes effort. This guide includes great tips and recipes to help you navigate the holidays season in a healthy way.

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Know Your Numbers

In order to maintain a healthy weight, we need to balance the amount of food we eat with the amount of energy we burn. But we don't all need the same amount. Many factors, including age, gender and physical activity levels, affect how many calories we should consume each day. Visit heart.org/explorer to get a personalized recommendation from the American Heart Association for you and your family.

The table below shows the suggested number of servings from each food group based on a daily intake of 1,600 or 2,000 calories. If you need fewer calories than shown, decrease the number of servings. If you need more, increase the servings.

Food Type	1,600 Calories	2,000 Calories	Examples of One Serving
Grains At least half of your servings should be whole-grain.	6 servings per day	6-8 servings per day	1 slice bread 1 oz. dry cereal (check nutrition label for cup measurements of different products) ½ cup cooked rice, pasta, or cereal (about the size of a baseball)
Vegetables Eat a variety of colors and types	3-4 servings per day	4-5 servings per day	1 cup raw leafy vegetables (about the size of a small fist) ½ cup cut-up raw or cooked vegetables ½ cup vegetable juice
Fruits Eat a variety of colors and types	4 servings per day	4-5 servings per day	1 medium fruit (about the size of a baseball) ¼ cup dried fruit ½ cup fresh, frozen, or canned fruit ½ cup fruit juice
Fat-free or low-fat dairy products	2-3 servings per day	2-3 servings per day	1 cup fat-free or low-fat milk 1 cup fat-free or low-fat yogurt 1 fat-free or low-fat cheese (about the size of 4 stacked dice)
Lean meats, poultry and seafood	3-6 oz. (cooked) per day	Less than 6 oz. per day	3 oz. cooked meat (about the size of a deck of cards) 3 oz. grilled fish (about the size of a checkbook)
Fats and oils Use liquid vegetable oils and soft margarine most often	2 servings per day	2-3 servings per day	1 tsp. soft margarine 1 tsp. olive oil 1 Tbsp. regular or 2 Tbsp. low-fat salad dressing
Nuts, seeds and legumes	3-4 servings per week	4-5 servings per week	1 oz. nuts 2 Tbsp. or ½ oz. seeds ½ cup dry beans or peas
Sweets and added sugars	0 servings per week	5 or fewer servings per week	1 Tbsp. sugar 1 Tbsp. jelly or jam ½ cup sorbet and ices 1 cup lemonade

It is also very important to limit the amount of sodium in your diet. The American Heart Association recommends consuming less than 1,500 milligrams of sodium per day, which is about two-thirds of a teaspoon of table salt. The average American consumes about 3,400 milligrams of sodium a day – more than twice the recommendation. See our tips later in this guide on how you can reduce sodium in your favorite holiday meals or visit heart.org/sodium.

Holiday Beverages

The winter season is chock full of delicious dishes and treats, but no one likes the extra calories and added pounds that can come with the seasonal food. Use these smart tips on substitutions and choices to enjoy your favorite winter beverages. You'll stay heart healthy and look good in those family pictures!

Eggnog

- **Mix it up.** Fill your glass with half- to three-quarter-parts of low-fat or skim milk and one part eggnog. You'll still get the flavor without all the calories.
- **Act like a kid.** Take out the alcohol. This simple step will reduce the caloric content.
- **Cut the fluff.** Pass on that big dollop of whipped cream to avoid the extra sugar and saturated fat.
- **Find an alternative.** This holiday classic has many low-fat or non-dairy versions.

Hot Chocolate

- **Skip the heavy stuff.** If you order hot chocolate at a restaurant or coffee shop, ask that it be made with low-fat or skim milk, and without the whipped cream.
- **Do some research.** To make instant hot chocolate at home, look for product packets marked "low-fat/fat-free" or "low-sugar/sugar-free." Be sure to add the mix to low-fat milk, skim milk or hot water.
- **Go easy on the toppings.** Use five to eight mini-marshmallows instead of large ones. If using whipped cream, look for low-fat versions and stick to less than one tablespoon. If you have hot chocolate regularly, try to limit the toppings to "once in a while treats" since they can pack a lot of calories and added sugars.

Apple Cider

- **Read the labels.** When buying cider at the store, check its added sugar content. Many products contain added sugars, which can increase your calorie intake and cause weight gain. Choose low-sugar and sugar-free options.
- **Do it yourself.** When making cider at home, use low-sugar apple juice and a variety of spices (like cinnamon sticks, cloves, nutmeg and whole cranberries). You'll keep the flavor while cutting calories.

Cocktails and Other Alcoholic Beverages

- **Enjoy cocktails.** Serve non-alcoholic versions of your favorite cocktails to lower the calories. Be sure to check the nutrition label, because sometimes products that are alcohol-free have more added sugar.
- **Break it up.** To reduce the amount of calorie-laden drinks you consume during a holiday gathering, drink a glass of water or sparkling water between each beverage. This will help fill your stomach, leaving less room to overindulge.

Eating With the Family

Sodium

- **Limit your sodium.** Did you know that many of your favorite holiday dishes may be packed with sodium? Breads and rolls, poultry, and canned soups are three common foods that can add sodium to your diet. When shopping for ingredients to prepare your holiday meal, compare the labels to find lower sodium varieties.
- **Savor the flavor.** Use herbs and spices, like rosemary and cloves, to flavor dishes instead of salt or butter.
- **Go fresh.** Choose fresh fruits and vegetables to use in your dishes. If using canned products, rinse with water in a colander before cooking and serving.

Turkey

- **Outsmart the bird.** Reach for the lighter pieces of meat; they have fewer calories and less fat than the darker ones. Another way to cut calories is to take off the skin.
- **Keep portions in check.** A serving size of meat is 3 oz., about the size of a deck of cards. So, be conscious of how much you put on your plate, and pass on that second helping. If you're also having another meat, like ham or lamb, take smaller portions of each.
- **Watch out for the gravy train.** Turkey usually comes with gravy, which can add excess fat, calories and sodium. Limit gravy to a tablespoon, and keep it off other items, like the dressing.



Dressing

- **Call it what it is.** Dressing is intended to be a complement to your meal, not an entrée. To keep calories and excess fat in check, aim for ¼ cup (or about half a scoop with a serving spoon).
- **Judge it by its cover.** If the dressing is filled with fatty meats like sausage and pork, looks greasy or buttery, and is made with white bread or sweet rolls, it may be best to pass. Better options would be dressings that have whole grain or cornbread, lean meat (or no meat), nuts (like almonds or walnuts), and lots of veggies and fruits.

Casseroles

- **What's in it?** Holiday casseroles can be filled with fat, sugar or sodium. Your best bet is to limit yourself to a small spoonful of casserole and fill the rest of your plate with a serving of lean protein along with roasted or sautéed veggies and tossed salad instead.

Desserts

- **Treat yourself right.** The best way to enjoy an occasional sweet without losing control is by sampling a selection or two, rather than having full servings. For example, have one bite of pie, half a cookie or one small square of fudge. Find a friend or family member who will stick to the sampling rule with you.



Eating at Holiday Work Parties

Appetizers and Hors d'oeuvres

- **Get involved.** There's usually a list for coworkers to volunteer to bring dishes for the party, so sign up! You can make a heart-healthy item, giving yourself at least one good option to enjoy.
- **Come prepared.** If the party is during lunch, eat a healthy breakfast followed in mid-morning by a high-fiber snack, such as an apple or a small handful of almonds. If the party is after work, enjoy a protein-packed lunch like grilled fish or chicken with a salad and then later in the afternoon have another high-fiber snack. If you're not too hungry when you go to the party, it will be easier to avoid overeating.
- **Map it out.** Avoid loading up on foods that are fried, buttered or have a lot of cheese and cream. Even though the portions may be small, these fat-laden bites can really pack a punch. Look for fruit, veggies and dip, whole-grain crackers, and baked or grilled items.



Desserts

- **Use the buddy system.** By splitting a dessert with someone, you can cut the calories and fat in half and avoid being wasteful. It's a win-win!

Beverages

- **Mix it up.** If alcohol is being served, alternate each glass with a glass of water. This will help reduce your thirst while filling your stomach and you'll consume fewer calories.
- **Watch seasonal drinks.** Many holiday beverages have so much added sugar, they may as well be a dessert. Keep in mind what else you've eaten; it may be best to enjoy these drinks on another day.

Making Traditions Healthy

Smart substitutions for your favorite holiday meals

Baking

- Instead of butter, substitute equal parts cinnamon-flavored, no sugar added applesauce.
- Use a lower-calorie sugar substitute.
- Substitute low-fat or skim milk instead of whole or heavy cream.
- Instead of using only white flour, use half white and half whole-wheat flour.
- Instead of adding chocolate chips or candies, use dried fruit, like cranberries or cherries.
- Use extracts like vanilla, almond and peppermint to add flavor, instead of sugar or butter.

Cooking

- Use vegetable oils such as olive oil instead of butter.
- Use whole-grain breads and pastas instead of white.
- Bake, grill or steam vegetables instead of frying.
- Instead of whole milk or heavy cream, substitute low-fat or fat-free/skim milk.
- Compare labels of your holiday ingredients, choose those with lower sodium.

Beverages

- Instead of alcohol in mixed drinks, use club soda.
- Mix 100-percent juice with water or use freshly squeezed juice, like lime instead of adding sugar to mixed drinks.
- Instead of using heavy cream or whole milk in dairy-based drinks, use low-fat or skim milk.
- Use spices and fruit, like cinnamon, cloves and cranberries instead of using sugar to sweeten cider.

Remember to Stay Physically Active!

The holiday season is about family and food – and all too often, adding a few extra pounds to our waistlines. Being physically active throughout the entire year is important to maintaining a healthy weight. The American Heart Association recommends that children (up to age 18) get at least 60-minutes-a-day and adults get at least 150-minutes-per-week of moderately vigorous physical activity. Keep your family physically active when the weather gets chilly with these tips:

- **Go sledding.** Running up a snowy hill, sliding down and repeating is a great way to get the whole family physically active. If you don't have a sled, don't worry – a cardboard box, trash can lid or skateboard without the wheels will work great!
- **Ice skate.** This is a great workout for your legs and heart. You'll also help strengthen your core, which is engaged when trying to keep you balanced.
- **Shovel the snow.** Someone has to do it, and it's a great way to get the heart pumping and the other muscles working. But don't overdo it!
- **Go for an afternoon or evening walk, jog or run – and bring the dog!** As long as you're dressed warmly (see our tips on dressing warm for cold-weather workouts), any time of day can be enjoyable weather for taking a stroll or a jog. Winter days are shorter, so start early enough to finish before it gets dark.
- **Visit the local community center for a game of indoor basketball with friends and family.** This is also a great way to entertain out-of-town guests. Grab a basketball, some jump ropes or volleyball for a couple hours of fun physical activity!



Tips for Winter Workouts

The change in weather requires adjusting your physical activity. Cold air means having to wear different clothes, watching your water intake, and avoiding things like severe weather and getting the sniffles. Here are some tips on how to make the most of your workouts this season:

Dress the Part

- **Embrace layering.** To avoid getting overheated in heavy clothes, dress in layers. By wearing several light layers while you work out, you can stay comfortable by peeling off layers as your body warms up.
- **Don't sweat it.** Search for shirts and shorts made of synthetic fabrics that work to “wick” sweat off your skin. Cotton fabrics trap sweat against your skin, causing you to get cold in the open air. Many companies make sweat and water-resistant fabrics that can keep you drier.
- **Protect your extremities.** Wear thin gloves and a headband or hat to keep your hands and head warm.

Stay Hydrated

It's a common misconception that you don't need to drink as much water for winter workouts. To avoid dehydration, drink plenty of fluids before, during and after working out, even if you aren't thirsty. A good rule of thumb is to drink one cup of water for every 15 minutes of physical activity.



Watch the Weather

In winter, bad weather can strike unexpectedly, causing roads to be iced over and snowy. But staying safe at home doesn't mean you must give up being physically active. Here are some ideas to get your heart pumping at home:

- **Do some lunges.** Take a couple laps around the living room – you'll engage your thigh and buttock muscles.
- **Try stretching.** Stretch your whole body, focusing on legs, then arms, then abdomen and back.
- **Do pushups and crunches.** Do three sets of 10 each while watching a movie or listening to music. Before you know it, you'll be done!
- **Climb up and down stairs.** Start by climbing one step at a time, then move up to two.
- **Enjoy workout videos.** Check the Web too; many websites stream workout videos that you can watch for free.
- **Play holiday charades.** Get the whole family involved with a holiday-themed game of charades. Use characters like reindeer (gallop), Santa (riding his sleigh) or elves (working in the toy shop).



Ward Off the Sniffles

- **Cover a cough or sneeze with a tissue instead of your hand.** Remember to throw your tissue away and wash your hands with soap and water or an alcohol-based sanitizer.
- **Wash your hands.** This is one of the best ways to avoid catching a cold or giving one to someone else.
- **Drink up!** Be sure to stay hydrated; drink plenty of water.
- **Get some shut-eye.** Stay a step ahead of illness by getting plenty of sleep (about eight hours a night).

Recipes:

Snack Mix

10 servings (1/2 cup each)

Ingredients

2 cups Cheerios®, or whole grain cereal

1 cup old-fashioned oats

½ cup almonds, unsalted

½ cup walnuts, unsalted

1 tsp. ground cinnamon

¼ tsp. ground nutmeg

1 tsp. vanilla extract

1 Tbsp. water

½ cup raisins, no sugar added

½ cup dried cranberries, no sugar added



Directions

1. Preheat oven to 325 degrees.
2. Mix Cheerios, oats, almonds, walnuts, cinnamon, and nutmeg together in a large bowl. Stir water and vanilla extract into the oat mixture; spread onto a baking sheet.
3. Bake in preheated oven, stirring every 15 minutes, until golden brown and crunchy, about 30 minutes; transfer to a bowl. Stir raisins and cranberries.
4. Store in airtight container.

SNACK MIX	Per serving
Calories	149
Total Fat	7.0 g
Saturated Fat	0.5 g
Trans Fat	0.0 g
Polyunsaturated Fat	3.5 g
Monounsaturated Fat	2.5 g
Cholesterol	0 mg
Sodium	33 mg
Carbohydrates	20 g
Dietary Fiber	4 g
Total Sugars	6 g
Protein	4 g
Dietary Exchanges: 1 starch, 1/2 fruit, 1 fat	

Crunchy Chicken with Oven-Roasted Broccoli

4 servings

Ingredients

Crunchy Chicken

2 1/2-to-3-pound whole chicken

NOTE: you can save time by using boneless, skinless chicken breast halves but using the whole chicken and quartering and skinning yourself can save some money. But be sure you don't mind eating off of bones if you use the whole chicken.

2 Tbsps. Dijon mustard

2 cups Cheerios, crushed

1/4 teaspoon each salt and black pepper

Oven-Roasted Broccoli

1 pound fresh broccoli crowns, rinsed and trimmed

1 1/2 tsp. minced garlic or 2 tsps. minced from jar

2 tsps. low-sodium soy sauce

1 tsp. extra-virgin olive oil

1/4 tsp. black pepper

3 Tbsps. chopped unsalted- unoiled-nuts (almonds, pecans or walnuts suggested – whatever is on sale will work)

Directions

Crunchy Chicken

1. Heat oven to 400 degrees. Rinse chicken and pat dry. Remove giblets and neck and discard. Quarter chicken and remove and discard skin.
2. In a medium bowl, toss the chicken and mustard to coat. (If you're using chicken breasts, just rinse and pat dry.)
3. In a large bowl, mix the crushed cereal, and 1/4 teaspoon each salt and pepper. Coat the chicken with the cereal mixture and bake on a baking sheet until golden and cooked through, 45 to 50 minutes.

Oven-Roasted Broccoli

1. Heat oven to 400 degrees. (or can use same oven as chicken). Rinse broccoli, trim stalks into 1/8 inch-thick chunks and cut florets into bit sized pieces. Place in a mixing bowl and toss with soy sauce, oil, pepper, and garlic.
2. Sprinkle the chopped nuts evenly in to a 9x13-inch casserole dish. Place in the oven 3-4 minutes until lightly toasted. Remove from oven and toss into broccoli mixture.
3. Transfer broccoli mixture to casserole dish and roast 10-12 minutes until broccoli is tender. Serve warm.

CRUNCH CHICKEN WITH OVEN-ROASTED BROCCOLI

	Per serving
Calories	299
Total Fat	9.0 g
Saturated Fat	1.5 g
Trans Fat	0.0 g
Polyunsaturated Fat	2.0 g
Monounsaturated Fat	4.0 g
Cholesterol	94 mg
Sodium	590 mg
Carbohydrates	21 g
Dietary Fiber	5 g
Total Sugars	4 g
Protein	36 g
Dietary Exchanges: 1 starch, 1 vegetable, 4 lean meat	

Resources

Eating heart-healthy and being active takes effort, and the American Heart Association has many resources to help. Visit heart.org/HealthyLiving for:

- **Walking Paths** — Find walking paths created by the American Heart Association and walkers like yourself.
- **Nutrition and Physical Activity Tracker** — Our tracker will help you log your walking and food habits.
- **Custom Walking Plans** — Let the American Heart Association customize a daily walking plan just for you.
- **American Heart Association Nutrition Center** — Find the latest in nutrition and health research along with recipes, tips and more at heart.org/nutrition.
- **Heart-Check Food Certification Program** — Check out the certified products in our program to help you find heart-healthy foods in the grocery store at heartcheckmark.org.
- **Find us on Facebook and Twitter** — facebook.com/AHALivehealthy and twitter.com/AHALivehealthy.
- **Walking Path App** — iTunes or Android market.





Notes



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