

## Keeping the Holidays Healthy



Enjoying the holidays and maintaining your health can be a challenge. Most Americans can gain seven to ten pounds over the holidays. Celebrations often include rich, high fat foods that are very tempting. There is also an abundance of food that can lead to over-indulgence.

If you are preparing your own turkey, keep in mind that traditional turkey is low in fat, especially the white meat. The skin should be avoided since it contains most of the fat. Herbs, spices, onions, garlic and low sodium broth can be used as an alternative to butter/margarine. Lowfat gravy can be made by refrigerating drippings and skimming off hardened fat or using a gravy separator.

Here are some other helpful hints to keep your holidays healthy:

- Plan what you will eat ahead of time.
- Know your snacks and choose wisely. Consider fruit as a snack or dessert.
- Before going to a party, eat a lowfat snack or meal so you won't overeat.
- Look for the fruit and vegetable trays at the holiday parties and go easy on the dips.
- Be aware that alcoholic drinks add empty calories. Set your limit.
- Stay as active as possible to burn off those extra calories. Walk or use stairs.
- If you overeat one day, try to be extra careful with your choices the next day. Do not abandon all efforts just because of one overeating binge.
- Be sensible, enjoy yourself and have a happy and healthy holiday.

**Source:** UT Houston New, News Release, The Challenge: Keeping the Holidays Healthy