

Enjoy Holiday Eating with Smaller Portions and Exercise

*Shopper's Article, Submitted by Barbara Roths, Family Consumer Sciences Agent,
Butler County Extension Office*

Are you ready to enjoy holiday eating? Most of us like to eat holiday foods that remind us of our childhood. And we want to share these "traditional" foods with our families and friends.

Tanda Kidd, Nutritionist with K-State Research and Extension, has some thoughts about holiday eating and food sharing:

"Holidays seem to be a time when we go on auto-pilot, and we like to eat most of the foods that are there and available," Kidd said. "I think one reason we do that is because it's the holidays; this is not food we traditionally eat throughout the year."

"When you are in the 'Season of Feasting' and you want to sample everything in front of you, **just take small amounts of it**. It's okay. You won't offend anyone. It's okay to take just a tablespoon or so....Satisfy your hunger by starting with and enjoying your favorite foods."

Eating too much often leads to needing rest [a nap!], which Kidd says takes away from the reason for getting together with family and friends. "You want to be able to enjoy people, but if you over-stuff yourself, you probably just want to be left alone because you need your stomach to settle down."

Make some time for exercise, whether that be going on a family walk, enjoying an outdoor game, or participating in a local event such as a Fun Run.

"Do something that your body will thank you for," Kidd said.

Try Some Healthier Food Substitutes

"If you can turn your holiday gatherings into enjoying the people around you and not so much focus on the food itself, you will find that most people won't even notice that you have made some healthy substitutes here and there."

"We can still enjoy those foods, but make them a little bit healthier. Let's say a chocolate cream pie; people often use whole milk or cream to make those chocolate cream pies. You can still enjoy that chocolate cream pie, but you can use low-fat milk such as skim milk, 1%, or 2%. Your guests will be surprised that you can use skim milk and the consistency and texture of the pie pretty much hold up the same. People will not notice a difference."

- Substitute low-fat, or skim milk for whole milk. Or use half the amount of whole milk with half the amount of a lower-fat milk.
- Substitute healthier oils for butter OR use ½ butter and 1/2 oil.
- Consider serving pies without crust.
- Substitute angel food cake for cake, or go without frosting on the cake.
- If buying canned goods, look for versions with low sodium. If you have canned vegetables that are high in sodium, rinse them under tap water before heating.
- If buying canned fruit, look for options packed in 100% juice or light syrup.

You can find other healthier food options for fall/winter gatherings in this fact sheet:

<https://healthyyou.ksre.k-state.edu/healthy-eating/documents/fall-winter-gatherings.pdf>

Download it yourself or contact the Butler County Extension Office:

K-State Research and Extension, Butler County,
Barbara Roths, Family Consumer Sciences

206 N. Griffith, El Dorado, KS 67042 316.321.9660 www.butler.ksu.edu

From Article written by Pat Melgares. Information Source: Tanda Kidd