Healthy Tips for the Holidays

Cancer Connections
November 12, 2016
Mary Reher, MS, RDN, LDN
Holiday Tips

• Party Prep
• Portion control
• Add color!
• Healthy substitutes
• Get moving
Tip 1: Party Prep

• Eat a small snack before party
  – Protein and fiber is key
    • Cheese and whole grain crackers
    • Apple with peanut butter
    • Handful of nuts with dried fruit
    • Non-fat yogurt with fresh fruit on top
    • Hummus with whole grain pita bread

• Fill up on water

• Eat slowly

• Socialize away from food

• Avoid “saving your calories” during the day until party time

• Graze with caution while prepping

• Watch out for “mindless” eating
Tip 2: Portion Control

• Enjoy the food you love!
  – Key word is SMALL

• Small slivers or small handful of:
  – Rich desserts, appetizers, nuts, buttery sides

• Choose smaller plates, bowls, and glasses

• Fill half plate with vegetables and fruit

• Bring a healthy dish to share
How Does Your Plate Look?

NEW AMERICAN PLATE
Tip 3: Add Color!
Tip 3: Add Color!

What is a phytochemical?
• A natural plant chemical found in fruit, vegetables, nuts, and whole grains
• Cancer fighting properties

Color your table with synergy
• Phytochemicals work best with each other

• Color, smell, and flavor are key

• Choose WHOLE grains
  – Contain fiber
  – Contain phenols and lignans
Tip 4: Healthy Substitutes

Limit:

Soda, fruit punch, sweet cocktails, alcohol

Cheese based dips

Mashed potatoes with whole milk and butter

Holiday cake with frosting

Thanksgiving dressing

Instead choose:

Sparkling water, lemon-infused water, herbal teas, diet soda

Yogurt or low fat salad dressing based dips

Make with skim milk, chicken broth, parmesan cheese, or garlic powder

Top cake with fresh fruit, fruit sauce, or powdered sugar

Use less bread, add more onions, garlic, celery, or apples. Moisten with chicken broth
Tip 5: Get Moving

Start a New Tradition

Family Fun:

- Backyard tag football or softball game
- Take 10 minute walk breaks throughout the day
- Brisk walks in between shopping
Holiday Green Beans

Food Demo

Ingredients:
• Steamed green beans
• Extra virgin olive oil
• Salt, Pepper
• Grated nutmeg
• Hazelnuts
• Dried Cranberries

Nutritional Value:
• Overall, contains fiber and protein
• Cranberries are rich in flavonoids and Vitamin C
• Olive oil contains monounsaturated fatty acids which are heart healthy
• Hazelnuts contain polyphenols and several vitamins and minerals
Resources

• AICR.org

• Eatright.org

• Culinarycare.org
Questions?
Mary Reher, MS, RDN, LDN
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Holiday Green Beans

Makes 6 servings

<table>
<thead>
<tr>
<th>INGREDIENT</th>
<th>WEIGHT</th>
<th>MEASURE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Steamed Green Beans (cut in 1 ½ in. long)</td>
<td>1 ¼ lbs.</td>
<td>4 cups</td>
</tr>
<tr>
<td>Extra Virgin Olive Oil</td>
<td></td>
<td>¼ cup</td>
</tr>
<tr>
<td>Kosher Salt</td>
<td></td>
<td>1 tsp.</td>
</tr>
<tr>
<td>Ground Black Pepper</td>
<td></td>
<td>½ tsp.</td>
</tr>
<tr>
<td>Grated Nutmeg</td>
<td></td>
<td>¼ tsp.</td>
</tr>
<tr>
<td>Hazelnuts (blanched, roasted &amp; coarsely chopped)</td>
<td></td>
<td>1/3 cup</td>
</tr>
<tr>
<td>Dried Cranberries (coarsely chopped)</td>
<td></td>
<td>1/3 cup</td>
</tr>
</tbody>
</table>

Always wash and sanitize hands, work area, and utensils prior to starting task.

1. First steam or blanch green beans, cut into 1 ½ in. long pieces.
2. In a large sauté pan, add oil and green beans together and cook over medium high heat.
3. Toss and sauté while adding salt, pepper & nutmeg.
4. After the green beans are hot, add in hazelnuts & cranberries & toss to combine well.
5. Pour into serving dish.