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December: Holiday Eating

Utah State University Extension

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Holiday Eating

The holiday season is a great time to enjoy family, friends, and delicious foods. It is easy to get carried away without realizing it and spend too much money or eat too much food. Here are some ideas to get you through the holiday season without missing out on your holiday favorites.

Focus on you! *Give yourself a gift this holiday season. Here are some ideas:*

- *Make time for family.*
- *Have festive meals by using simple decorations.*
- *Plan menus and stick to them.*
- *Involve children in holiday plans and food choices.*
- *Invite friends over for get-togethers with simple holiday foods and games.*
- *Be sure to include time to eat a variety of foods from the Food Guide Pyramid.*
- *Remember to take time for exercise.*

Be sensible about food!! *All foods can be enjoyed this holiday season. The key is to not overdo it. Here are some tips:*

- *Don't try to lose weight over the holiday season. Strive to maintain weight instead.*
- *Balance what you eat with other meals throughout the day. The day of a large dinner party have a small, low-calorie breakfast and lunch.*
- *Check out party choices and take a small to medium portion of only the foods that appeal to you the most. Limit second helpings.*
- *Take time to enjoy the delicious aromas and flavors of the holiday foods. It takes 20 minutes to feel full.*
- *Move away from the food when done eating to remove the temptation.*

Utah State University Extension

State of Utah
DEPARTMENT OF WORKFORCE SERVICES

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Sources: The American Dietetic Association at http://www.eatright.org/feature/110198.html and *Nabisco Nutrition Update* – Holiday 1997

December

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					Encourage family and friends to take a brisk walk after a holiday dinner.	
		Use the special hours at the mall to walk and enjoy the holiday decorations.				Go caroling. Be sure to walk from house to house.
			Have a snowball fight with your family or friends.			
Take time to relax and enjoy yourself.				Play musical chairs (using Christmas music) with your children.		
	Burn fragrant candles to help you relax and add to the festivities.				Use rolled-up socks to have an inside snowball fight.	
		Shovel the sidewalks.				Build a snowman or snow fort with your children.

Cranberry Nut Bread

2 cups flour
2/3 cup sugar
1 1/2 tsp baking powder
1/2 tsp baking soda
3/4 cup orange juice
1/4 cup margarine, melted
1 egg (***or*** 2 egg whites)
2 tsp grated orange peel
1 cup chopped cranberries
1/3 cup chopped walnuts
1/3 cup powdered sugar
1-2 tsp water

1. Mix flour, sugar, baking powder, and baking soda in large bowl.
2. In another bowl, blend orange juice, margarine, egg, and orange peel; add to flour mixture, stirring just until blended.
3. Mix in cranberries and nuts.
4. Pour batter into loaf pans greased on bottom only.
5. Bake at 350 degrees for 60-70 minutes or until done.
6. Cool in pan 10 minutes; remove and cool completely on wire rack.
7. Mix powdered sugar and water. Drizzle over cooled loaf.

NEP
Nutrition Education Program for Families

Recipe from *Planters Nutrition Update* – Holiday 1997