



Healthy Tips for the Holidays

Cancer Connections

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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?



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



Instead choose:

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

Cheese based dips



Yogurt or low fat salad dressing based dips

Mashed potatoes with whole milk and butter



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

Holiday cake with frosting



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

Thanksgiving dressing



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
312-472-5823

Holiday Green Beans



Makes 6 servings

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

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 saute pan, add oil and green beans together and cook over medium high heat.
3. Toss and saute 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.