



HEALTHFUL HOLIDAYS!

December 2005

HealthSTAT wants you to be safe and healthy this holiday season!

The holidays are upon us - a time to spend with family and friends, eat delicious holiday meals, give gifts, and celebrate! But for many of us, the holidays are also stressful and can disrupt our *healthy* habits.

At HealthSTAT, we want to help you make the most of your holiday season so it's not only 'HAPPY,' but 'HEALTHY' too! Follow our tips to help you celebrate the holidays the healthful way!

Don't Break the Bank!

- Remember, money doesn't buy love. Anybody can buy a gift-few people can make one.
- If you choose to give to co-workers, try buying in bulk. Consider snack baskets or fruit platters.
- Shop with cash. It'll help you spend less money.
- Buy online. It's less tempting to buy more than you want to.
- Buy throughout the year. It saves you from last-minute Shopping and helps spread the cost over the whole year.

Holiday Decorating Tip



Bowls of **FRESH FRUIT** are a festive and sweet substitute for candy or chocolates

Let the holiday spirit MOVE YOU!



Stick to your regular exercise routine as much as possible. Especially during the holidays, plan your physical activity routine in advance - mark it on the calendar and consider it as important as any other appointment.

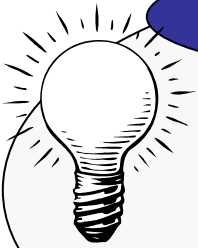
Get outside! Play some backyard football or Frisbee. Get some exercise before the big holiday dinner or during football half-time.

Cut back on T.V. time. Limit the number of hours you and your children watch t.v. and play video games. Instead make a new holiday tradition - take a brisk walk around the neighborhood to see the holiday decorations or grab your bike, walking shoes and head outside.

Get up and dance! Put on your favorite holiday music and get some exercise!

Make a New Year's resolution with friends. Start a daily walking group or pair up with an exercise buddy.

DID YOU KNOW...?



- Regular beer: 148 calories/pint
- Light beer: 100 calories/pint
- Wine: 74 calories/3.5 oz
- Champagne: 75 calories/3 oz
- Rum-spiked egg-nog: 377 calories/8 oz
- Hot Choc. & Peppermint Schnapps: 287/calories/8oz

holiday dos and don'ts

Spending time with friends and family over the holidays can be stressful. These tips will help you celebrate the holiday season without destroying your relationships.

√ DO Take a break if you start to get frustrated or feel a fight coming on - take a walk or simply leave the room	DON'T Stay in a volatile situation and say things you'll regret
√ DO Plan ahead to avoid stressful situations - for instance, prepare as much food in advance before guests arrive	DON'T Try to do everything at the last minute and blame your friends and family for poor planning
√ DO Limit alcohol consumption	DON'T Drink too much and let your inhibitions down - the holidays aren't the time to settle old family disputes
√ DO Relax, have fun, and enjoy the ones you love!	DON'T Get so worked up and forget what the holidays are for - celebrating and being with friends and family.



TOAST!

Toast the holidays with a low-cal white wine **SPRITZER!** Give friends a bubbly drink that won't fill them up. Pour 3 ounces of Chardonnay into a champagne flute and top with 3 ounces of your favorite sparkling water.

Hosting a party this year? Be responsible...

If you are planning to serve a little 'holiday cheer,' be it eggnog, brandy, or beer, remember the following tips to prevent alcohol abuse, drunk driving, and underage drinking among your guests.

- 🍷 **One person, one drink.** Don't serve anyone more than one drink at a time.
- 🍷 Plan entertainment and activities (gift exchange, holiday movies, etc.) so that drinking alcohol is **not the primary focus of the party.**
- 🍷 **Serve food.** Have a buffet dinner, potluck, or plenty of snacks like cheese and crackers, nuts, breads and meats.
- 🍷 **Offer beverage alternatives** like soft drinks, fruit juices, water and coffee so guests have a choice other than alcohol.
- 🍷 **Stop serving if someone is visibly intoxicated.**
- 🍷 Don't be afraid to **check the I.D.** of anyone who looks under age 30. Better to be safe than sorry!
- 🍷 For a group, have a **trained bartender** who is responsible in the service of alcohol.
- 🍷 **Arrange safe transportation.** Make sure that guests who have had more than a couple of drinks get a ride with other guests or call a taxi for them.
- 🍷 **Stop serving alcoholic drinks an hour before the event ends.**

Gaining weight is one holiday tradition NO ONE wants to keep!



The holidays are in full swing, which means lots of family, fun...and *FOOD!* But it doesn't have to mean extra pounds. Even holiday treats can fit into a healthy eating plan. The key is balance and moderation. Ten tips to help you out:

1. Don't completely cut out your favorite holiday foods, just choose **smaller portions**. Using a smaller plate helps too!
2. **Don't go to a party on an empty stomach**. If you're not starving you won't be as tempted to splurge!
3. When you're at a party, **share a plate of food** with your spouse, partner or friend.
4. Try not to diet - your goal should be to **maintain weight during the holiday season**, not to lose weight!
5. Center entertainment around non-food events, such as ice skating, renting a holiday movie, or singing traditional holiday songs. And while you're at the party, **don't stand next to the buffet** – mingle instead!
6. Offer to **bring your favorite low-calorie dish to parties**, this way you are sure to have a healthy choice!
7. **Be wary of alcoholic beverages** – they are high in calories and can increase your appetite.
8. Plan ahead when you travel – **pack healthful snacks**, like fruit or vegetables, with you so you're not tempted to make poor choices!
9. Many of us get gifts of chocolates, candy and other delicacies loaded with carbs and fat during the holiday season. **Share them!** Bring treats to parties or give them away to your friends so you aren't tempted to eat them all.
10. Always **drink plenty of water**, especially when flying.



**YOUR FAMILY
WILL NEVER
KNOW!**

Small changes to your favorite recipes can reduce calories and fat that can quickly add up during holiday meals.

- Use **skim or reduced fat milk** instead of whole milk.
- **Prepare vegetables without adding butter and salt**, this way each individual may season to his or her own taste and the added fat and calories aren't already baked in.
- Choose **leaner cuts of meat**, like turkey or chicken breast.
- **Remove skin** from chicken or turkey, and bake or broil the meat instead of frying it.
- **Leave the potato skins on** your mashed potatoes. The skins are an excellent source of fiber.
- Choose **low-fat salad dressings** and try dipping your fork into the dressing instead of pouring it on.
- Use a **low-fat broth** instead of drippings from chicken or beef. If using canned broth, try low-sodium.
- Try drinking **mulled apple cider or low fat egg-nog** instead of soda, regular egg nog, or alcoholic beverages – those calories add up!

Stay Hydrated!

- ✓ Take water breaks during the day instead of coffee breaks, or keep a cup or bottle on your desk to drink throughout the day.
- ✓ Visit vending machines that sell bottled water and skip the high calorie or sweetened beverages.
- ✓ Anytime you walk past a water fountain, take a drink. Make it a habit!
- ✓ Alternate sparkling water and alcoholic drinks at parties or restaurants.
- ✓ Carry a bottle of water as you commute, work and/or run errands.
- ✓ Do not wait until you are thirsty to drink water; stay hydrated all day long!

SWEET TREATS

These decadent desserts have a secret: They're low in calories and fat!

Sugared Vanilla Cookies

Use any color of sugar sprinkles—or combination of colors—you like. After freezing the dough, let it thaw for a few minutes before rolling in sugar. Then slice and bake as directed.

- 2 1/2 cups all-purpose flour
- 1/2 teaspoon baking soda
- 1/4 teaspoon salt
- 1 cup granulated sugar
- 10 tablespoon butter, softened
- 2 teaspoons vanilla extract
- 2 large egg whites
- Cooking spray
- 1/2 cup red and green sugar sprinkles



Lightly spoon flour into dry measuring cups; level with a knife. Combine flour, baking soda, and salt, stirring well with a whisk.

Place granulated sugar and butter in a large bowl; beat with a mixer at medium-high speed until light and fluffy (about 1 minute). Add vanilla and egg whites, beating until well blended. Beating at low speed, gradually add flour mixture, beating just until a soft dough forms. Divide dough into 2 equal portions. Place each portion on plastic wrap; shape each portion into an 8-inch log. Wrap logs in plastic wrap; freeze at least 2 hours or until very firm.

Preheat oven to 375°.

Working with one dough log at a time, lightly coat each log with cooking spray. Roll each dough log in sugar sprinkles, pressing gently to adhere. Cut each dough log into 32 (1/4-inch-thick) slices; place 1 inch apart on baking sheets coated with cooking spray. Bake at 375° for 10 minutes or until set. Remove from pans; cool completely on wire racks.

Yield: 64 cookies (serving size: 1 cookie)

NUTRITION PER SERVING

CALORIES 53(31% from fat); FAT 1.8g (sat 0.9g,mono 0.7g,poly 0.1g); PROTEIN 0.6g; CHOLESTEROL 5mg; CALCIUM 1mg; SODIUM 33mg; FIBER 0.1g; IRON 0.2mg; CARBOHYDRATE 8.4g

Chewy Chocolate Cherry Cookies

The tartness of the cherries contrasts with the cocoa and semisweet chocolate chips.

- 1 cup all-purpose flour
- 1/3 cup unsweetened cocoa
- 1/2 teaspoon baking powder
- 1/4 teaspoon baking soda
- 1/4 teaspoon salt
- 1 cup sugar
- 1/3 cup butter, softened
- 1 teaspoon vanilla extract
- 1 large egg
- 2/3 cup dried tart cherries
- 3 tablespoons semisweet chocolate chips
- Cooking spray

Preheat oven to 350°.

Lightly spoon flour into a dry measuring cup; level with a knife. Combine flour, cocoa, baking powder, baking soda, and salt, stirring with a whisk. Place sugar and butter in a large bowl; beat with a mixer at high speed until well blended. Add vanilla and egg; beat well. With mixer on low speed, gradually add flour mixture. Beat just until combined. Fold in cherries and chocolate chips.

Drop by tablespoonfuls 2 inches apart onto baking sheets coated with cooking spray. Bake at 350° for 12 minutes or just until set. Remove from oven; cool on pans 5 minutes. Remove from pans; cool completely on wire racks.

Yield: 30 cookies (serving size: 1 cookie)

NUTRITION PER SERVING

CALORIES 80(30% from fat); FAT 2.7g (sat 1.3g,mono 1.1g,poly 0.1g); PROTEIN 1.1g; CHOLESTEROL 12mg; CALCIUM 10mg; SODIUM 56mg; FIBER 0.8g; IRON 0.4mg; CARBOHYDRATE 13.4g

