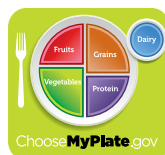




United States Department of Agriculture

10 tips Nutrition Education Series



MyPlate MyWins

Based on the
Dietary
Guidelines
for Americans

Make healthier holiday choices

The holidays are often filled with time-honored traditions that include some of our favorite meals and foods. As you celebrate, think of little changes you can make to create healthier meals and active days.

1 Create MyPlate makeovers

Makeover your favorite holiday dishes. Use My Recipe on SuperTracker to improve holiday recipes and get healthier results. Go to Supertracker.usda.gov/myrecipe.aspx.



2 Enjoy all the food groups at your celebration

Prepare whole-grain crackers with hummus as an appetizer; add unsalted nuts and black beans to a green-leaf salad; include fresh fruit at the dessert table; use low-fat milk instead of heavy cream in your casseroles. Share healthier options during your holiday meal.

3 Make sure your protein is lean

Turkey, roast beef, or fresh ham are lean protein choices. Trim visible fat before cooking. Try baking or broiling instead of frying. Go easy on sauces and gravies.

4 Cheers to good health

Quench your thirst with low-calorie options. Drink water with lemon or lime slices. Offer seltzer water with a splash of 100% fruit juice.

5 Bake healthier

Use recipes with unsweetened applesauce or mashed ripe bananas instead of butter. Try reducing the amount of sugar listed in recipes. Use spices such as cinnamon, allspice, or nutmeg to add flavor.



6 Tweak the sweet

For dessert, try baked apples with cinnamon and a sprinkle of sugar instead of apple pie. Invite your guests to make their own parfait with colorful sliced fruit and low-fat yogurt.



7 Be the life of the party

Laugh, mingle, dance, and play games. Focus on fun and enjoy the company of others.

8 Make exercise a part of the fun

Make being active part of your holiday tradition. Have fun walking and talking with family and friends after a holiday meal. Give gifts that encourage others to practice healthy habits such as workout DVDs, running shoes, and reusable water bottles.

9 Enjoy leftovers

Create delicious new meals with your leftovers. Add turkey to soups or salads. Use extra veggies in omelets, sandwiches, or stews. The possibilities are endless!

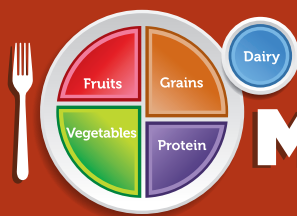
10 Give to others

Spend time providing foods or preparing meals for those who may need a little help. Give food to a local food bank or volunteer to serve meals at a shelter during the holiday season.





United States Department of Agriculture



MyPlate Holiday makeover



visit **choosemyplate.gov** for healthier options during the holidays

tweak the sweets



VS



fruits make delicious desserts

cheers to good health



VS



drink water to manage calories

bake healthier



VS



use recipes with pureed fruits instead of butter or oil

spice it up



VS



use spices and herbs instead of sugar and salt

brighten your meal



VS



fill half your plate with fruits and vegetables

skim the fat



VS



try skim evaporated milk instead of heavy cream

swap the grains



VS



choose whole wheat flour instead of white flour

go easy on the gravy



VS



a little bit of gravy goes a long way

Roasted Brussels Sprouts and Apples

Prep Time: 45 minutes Number of Servings: 2

Ingredients:

- 1 tablespoon olive oil, divided
- ½ teaspoon garlic powder
- ½ teaspoon onion powder
- Fresh ground black pepper, to taste
- ½ pound Brussels sprouts, already trimmed and halved
- ½ medium Gala apple, cored and cut into small chunks
- 1 tablespoon dried cranberries
- 1 tablespoon balsamic vinegar
- ½ tablespoon honey



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Roasted Brussels Sprouts and Apples

Directions:

1. Preheat oven to 375°F. Mix ½ tablespoon olive oil, garlic powder, onion powder and pepper in a large bowl. Add Brussels sprouts and apple; toss to coat well.
2. Spread apples and Brussels sprouts in single layer on a prepared baking sheet (lined with aluminum foil).
3. Roast for 30 to 35 minutes or until Brussels sprouts have turned a light golden brown and are fork tender.
4. Meanwhile, mix cranberries, vinegar, ½ tablespoon olive oil and honey in a small bowl. Drizzle over roasted Brussels sprouts and apples and toss to coat well. Serve immediately.

Nutrition Facts (per serving):

Calories: 158 Protein: 4gm Total Carbohydrates: 23gm
Total Fat: 7gm Fiber: 5.4gm Cholesterol: 0mg Sodium: 31mg

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Southwestern Chicken & White Bean Soup

Prep Time: 15 minutes Number of Servings: 2

Ingredients:

- 6oz cooked chicken breast, shredded (can use rotisserie style or canned chicken)
- ½ Tablespoon 40% less sodium taco seasoning
- 2 cups low sodium chicken broth (or no salt added)
- 1-16oz can white beans or cannellini beans, rinsed and drained
- ½ cup green tomatillo salsa
- Non-stick cooking spray
- Optional toppings: light sour cream or non-fat Greek yogurt, chopped cilantro



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Southwestern Chicken & White Bean Soup

Directions:

1. Combine cooked chicken and taco seasoning; toss well to coat.
2. Heat a medium saucepan over medium-high heat and spray pan with cooking spray.
3. Add chicken and sauté 2 minutes or until chicken is lightly browned. Then add the broth, scraping the pan to loosen the browned bits.
4. Place beans in a small bowl and mash until only a few whole beans remain. Add beans and salsa to pan, stirring well.
5. Bring to a boil. Reduce heat and simmer 10 minutes or until slightly thickened. Serve with sour cream and cilantro, if desired.

Nutrition Facts (per serving):

Calories: 190 Protein: 25gm Total Carbohydrates: 16gm
Fiber: 5gm Total Fat: 2.3gm Cholesterol: 53mg Sodium: 723mg

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