



HAPPY
HOLIDAYS

Handy Tips for a Happy and Healthy Holiday Season

'Tis the season for family, friends, fun, festivities and, yes, lots of fabulous, fattening food! Whether your weakness is cookies, potato latkes, eggnog, caramel corn or peppermint bark, those indulgences can really add up. According to the National Institutes of Health, holiday eating typically results in an extra pound or two a year. Of course, the tried and true advice is to eat and drink moderately. But a few mindful substitutions can help you enjoy the holidays without packing on the pounds.

HOLIDAY CRUNCH

Hold off on the brie and crackers. Instead, put out a plate of hummus or baba ghanoush with vegetables and pita slices for dipping.

BUBBLE UP ON WINE

Cut down on wine calories by adding four ounces of seltzer water to four ounces of wine. The resulting spritzer is a refreshingly low 80 calories.

FRESHEN YOUR BREATH

Have a mint or a piece of gum after eating (or, if you're at home, go brush your teeth). Not only will you have fresh breath, you'll be less tempted to eat more.

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BACK AWAY FROM THE BUFFET

Hovering over the buffet is a recipe for overeating. Choose three or four items you really want to try, serve yourself a modest portion, and then go mingle. Meet new people. Admire the decorations. Check out the décor. And don't go back for seconds.

LIGHTEN UP AT THE POTLUCK

Do yourself — and everyone else — a favor, and bring something light and healthy like a salad, homemade bean dip or a plate of roasted veggies.

MAKE ROOM FOR DESSERT

If your sweet tooth won't be denied, plan for dessert by cutting calories from the rest of the meal. Skip the appetizer. Avoid bread and pasta and have vegetables or salad instead. Keep portions small, skip seconds and reward yourself with a piece of pie!

FILL UP ON FIBER

Crunchy raw vegetables take a while to eat, giving your brain time to register the fullness signal. Broth based soups are another low-calorie way to get that full feeling and keep from overindulging.

RAISE YOUR WATER GLASS

Try to drink at least eight ounces of water, coffee or tea before you eat. Not only will this quench your thirst, it will give you a head start on feeling full. Drink water before having an alcoholic beverage, and limit the drinks to one or two for the evening. Let someone else be the life of the office party! Alcohol can be quite caloric: a glass of eggnog contains more than 340 calories per cup.

KEEP IT REAL

Be honest with yourself. Set healthy goals, acknowledge your temptations and consciously avoid them. Have a healthy eating plan — and stick to it! This is your opportunity to start the New Year off right.

Enjoy this HEALTHY recipe!

Festive Fruit Salad

Ingredients:

- 2 Cara Cara or blood oranges
- 1 large Ruby Red grapefruit
- 1 medium pineapple
- 3 kiwis
- 2 red apples
- 1 large green pear
- 1 ½ cups pomegranate seeds
- 4 tablespoons lime juice
- ¼ cup honey
- 1-2 tablespoons grated lime zest

Directions:

Peel the oranges and grapefruit, and remove the membranes from each segment with a sharp knife. Peel and core the pineapple, and cut into 1" segments. Peel and thinly slice the kiwis. Core the apples and pear (leave the skin on) and cut into thin slices. Combine all of the fruit in a large serving bowl.

In a small saucepan, combine the lime juice and honey. Simmer on low heat for 10 minutes. Add zest and remove from heat. Let cool for 15 minutes. Pour mixture over fruit, and toss gently to coat. Add pomegranate seeds just before serving.

Yields 12 servings.