

W.O.W.

WAC ON WELLNESS

HEALTHY HOLIDAY EATING

The holidays are here and along with holiday music and decorations comes cookies, candy, and comfort foods. Although food may be the centerpiece of holiday festivities, the holiday season doesn't mean you have to pack on the pounds. Try incorporating some of these tips for making your holidays, healthful holidays.

EAT REGULARLY:

Don't starve yourself in anticipation for a big holiday dinner. It is important to balance party eating with other meals as well. Eat regular meals throughout the day to reduce over-indulging at the party.

PORTIONS:

Use a small plate for eating less; less space means smaller portions. Then, balance your plate and fill it mostly with fruits and vegetables. By making only one plate and eating slowly and mindfully, you'll avoid unconscious nibbling and those extra calories.

BRING A HEALTHY DISH:

If you know you'll be grazing throughout the party, bring veggies and dip or a fruit plate instead of dessert. This way you know you'll have a healthy snacking option.

LIQUID CALORIES COUNT TOO:

What we drink is just as important as what we eat and calories from alcohol can add up very quickly, especially when someone else is filling your glass. Enjoy one and then grab a zero-calorie beverage.

Remember that they are holi-DAYS, not holi-WEEKS. Enjoy the few days of family and food and put your focus on every other meal throughout the year. Eat responsibly, eat when physically hungry, and continue to exercise daily. Then, get back on track with your normal eating routine the very next day.

LIGHT PUMPKIN PIE (SERVES 8, 150 CALORIES PER SERVING)

10 Ginger Snap Cookies
 16 oz 100% Pumpkin Puree
 ½ cup Sugar
 12 oz. Skim Evaporated Milk
 2 Tbsp Butter
 ½ cup Egg White
 2 tsp Pumpkin Pie Spice

1. Preheat oven to 350 and lightly spray 9" glass pan with cooking spray.
2. Grind cookies in food processor and pat into the pan evenly
3. Mix the rest of the ingredients together and pour into crust
4. Cook for about 45 minutes.



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