

TIMELY TEMPTATION

This time of year we are tempted with sweets just about every place we go.

When it comes to holiday treats there are a few ways to handle the temptation.

Some prefer to have a few goodies in moderation while others adjust their recipes to make them healthier.

Two Ways To Healthier Baking and Sweet Eating

1 Substitute

- Add a Fruit or Vegetable
- Try a Whole-Grain Flour
- Experiment with Recipes
- Use Low-Fat or Fat-free Dairy Products
- Swap Butter for Heart-Healthy Oil
- Simply Cut Sugar
- Bake instead of Fry

2 Moderate

- Keeping portion sizes small can be a strategy for incorporating baked goods into a healthy eating pattern.
- Make portion control easier by making mini-cupcakes, cutting brownies or cakes into two-inch squares, or portioning cookie dough using a one-tablespoon scoop.
- Create bite-size treats to allow you to try a little and stop - or try a few different things instead of just one main treat.

Swapping out unhealthy ingredients for lower calorie/lower fat versions can make items a little healthier for you.

Holiday Eating Tips

- If possible try and eat the same time that you normally do. If you know that you will be eating later than normal, eat a healthy snack to avoid over eating later in the day.
- Invited to a party? Offer to bring a healthy dish to share.
- If you have a sweet treat, cut back on other carbs (like potatoes and bread) during the meal.
- Don't skip meals to save up for a feast. Doing so will make you really hungry and more likely to overeat.
- If you slip up, get right back to healthy eating with your next meal. One meal of overindulgence does not mean failure.

Buffet Eating Tips

- Use the smallest plate and fill it up! If possible find the appetizer plate on the buffet and use it instead of the large dinner plate, you will only be able to take so much.
- Start with vegetables (or other healthy foods) to take the edge off your appetite.
- It takes at least 20 minutes for your brain to realize you're full so take your time and eat slow. By the time you would be ready to go back for seconds, your body might be ready to tell you that you are full.
- If you have an alcoholic drink, have it with food.

Other Health Tips

- Choose dishes you really love and can't get any other time of year. Slow down and savor a small serving.
- Holiday time can be very busy and physical activity can get pushed to the back of your to-do list. Get moving, perhaps take a walk after a holiday meal to reduce stress and to help rid of those extra calories.
- Get enough sleep. Sleep loss can make it harder to stay on track. When you're sleep deprived you'll tend to eat more and prefer high-fat, high-sugar food.
- Aim for 7 to 8 hours of sleep per night to guard against mindless eating.