

A Family Guide



to Healthy Holiday Eating

This holiday season, celebrate the people you love by encouraging healthy lifestyles. Create a healthy atmosphere at home and support each other work towards reaching your healthy goals.



From the Bronx Health REACH family to yours, we wish you a very happy and healthy holiday season!

For more info about REACH, please call 212-633-0800 ext. 1232.

Recipe Modifications

Encourage healthy eating in your home by making slight modifications to your traditional holiday recipes.

Here are some ideas:

- **Lighter Gravy** – Refrigerate the gravy to harden fat. Skim the fat off. This will save a whopping 56 grams of fat per cup. Or make your own from scratch – it's a lot easier than you think!
- **Healthier Stuffing** – Use less bread and add more onions, garlic, celery, and vegetables. Add fruits such as cranberries or apples. Moisten or flavor with low fat/low sodium chicken or vegetable broth and applesauce.
- **Skinless Turkey** – Enjoy delicious, roasted turkey breast without the skin and save 11 grams of saturated fat per 3 oz serving!
- **Roasted Pork (Pernil)** – Choose a leaner cut, remove the skin and use broth, fruit, bitter orange or orange juice instead of butter or oil to keep it moist.
- **Tamales** – Use olive oil or canola oil instead of lard or shortening to make your meal more heart healthy.
- **Empanadas** – Forget frying, try baking them instead. Your heart and your health will thank you!
- **Collard Greens** – Use smoked turkey or soul food seasoning for flavoring instead of hamhock or fat back.
- **Potato Salad** – Use lite mayonnaise to decrease fat, and add more celery and carrots for additional color, flavor and health!
- **Macaroni & Cheese** – Use lowfat cheese and reduce the amount of butter for a heart-smart dish.
- **Quick-n-Healthy Holiday Nog** – Blend four bananas, one and a half cups skim milk or soymilk, one and a half cups plain nonfat yogurt and 1/4 teaspoon rum extract. Puree until smooth. Top with nutmeg as desired.
- **Healthier Desserts:**
 - Make a crustless pumpkin pie.
 - Substitute trans-fat free spread instead of lard or butter in pie crust recipes.
 - Substitute two egg whites for each whole egg in baked recipes.
 - Replace heavy cream with evaporated skim milk in cheesecakes and cream pies.
 - Top cakes with fresh fruit, fruit sauce, or a sprinkle of powdered sugar instead of fattening frosting.
 - Reduce the amount of sugar and increase sweet spices, like cinnamon, ginger, allspice, nutmeg, vanilla and almond extracts.
 - Substitute Sweet 'N Low, but not NutraSweet for half the sugar in most recipes (3 packets = 1/4 cup sugar).
 - Try fruit salad with yogurt and honey dressing as a delicious and nutritious dish!