

# Food Facts

Sensible Nutrition for Healthy Families

## 'Tis the Season

It seems the holidays last from Thanksgiving until New Year's Day! With parties and big family gatherings, it's easy to forget about healthy eating. It can also very easily empty your wallet. With a few simple changes, you can enjoy those tasty holiday meals without feeling guilty about their effect on your health or on your bank account.



Try out these tips for keeping those holiday meals healthy:

- ❑ Roast the turkey with the skin on, but remove the skin before eating.
- ❑ Skim the fat from the drippings before making gravy.
- ❑ Try using whole wheat bread to make dressing. Add lots of vegetables (celery and onion) and fruit (raisins, cranberries, and apricots).
- ❑ Serve more whole grain foods. Substitute whole-wheat flour for  $\frac{1}{2}$  the white flour in recipes.
- ❑ Serve fat-free or low-fat milk and use it when making gravy and soup.
- ❑ Season foods with herbs and spices instead of salt or butter.

Parties and holiday meals are often a time of too much food and not enough activity. Try planning some fun activity into your next get-together. Here are some ideas you and your children can enjoy:

Take a nature hike or scavenger hunt

Go skating

Play catch

Go for a bike ride

Play charades

If you just have to watch the big football game on TV, challenge everyone to walk around the block or play basketball during commercial breaks and half-time.

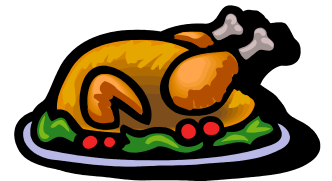
**Remember:** celebrate and focus on what the holidays are *really* about—spending time with family and friends. Find creative ways to get your family to do active things together that do not revolve around eating.

## Keeping Your Meals Safe to Eat

Preparing food ahead of time saves stress, but cooking too far ahead can lower the quality and the safety of the food. Here are some tips on keeping those delicious holiday meals safe:

- ⚠️ If meat is frozen, plan time for safe thawing in your refrigerator. Allow about 24 hours for every 5 pounds. Thaw meat on a plate on the lower shelf of the refrigerator to prevent juices from dripping onto other foods.
- ⚠️ Pies that contain eggs and milk need to be refrigerated and should not be kept at room temperature for more than 2 hours total. This includes pumpkin, pecan, and cream pies.
- ⚠️ Nonperishable foods such as cakes and cookies can be prepared a few days in advance and still taste good, or they can be frozen for longer storage.
- ⚠️ Prepare perishable foods no more than a day before the meal unless you plan on freezing what you make.
- ⚠️ Make a plan for how you will keep cold foods cold and hot foods hot if your party lasts longer than two hours.

The holidays are a time in which many of us overeat. One easy way to keep your serving sizes in check is by using a salad plate for your meal. You put less food on a smaller plate but it still looks like a lot. You can get a serving of all of the tasty foods you want to eat without stuffing yourself. Pay attention to how your stomach feels and stop eating when you no longer feel hungry.



## Chicken & Broccoli Quiche

Try substituting turkey for the chicken in this recipe as a way to use that leftover turkey.

### Ingredients:

- One 9-inch ready made pie crust, baked
- 4 eggs
- 1 cup low-fat or fat-free milk
- ¾ cup low-fat cheddar cheese, shredded
- ¾ cup cooked, chopped chicken
- 10-ounce frozen, chopped broccoli
- ¼ cup carrots, shredded
- ¼ cup finely chopped onion
- Pepper to taste
- ½ - ¾ teaspoon garlic salt

### Instructions:

- Preheat oven to 350°F. Bake pie crust according to package directions.
- In a mixing bowl, combine eggs, milk, pepper, and garlic salt. Mix well.
- Cook broccoli according to package directions. Pour off liquid. Let cool, squeeze broccoli to remove additional water.
- Layer the chicken, vegetables, and cheese into baked pie crust. Pour the egg mixture over the ingredients.
- Bake at 350°F for 30 to 40 minutes or until top is browned and a knife inserted in the center comes out clean.
- Let stand 5 minutes before cutting.

Serving Size: ⅙ of quiche

Per Serving: 270 calories, 16g total fat, 6g saturated fat, 17g carbohydrate, 2g fiber, 16g protein, 540mg sodium  
Excellent Source of calcium and vitamins A & C!