

# Food Facts

*Sensible Nutrition for Healthy Families*

## Holidays... the Healthy Way

The Holiday Season often means family, friends, fun and **lots of food!** The trick is figuring out how you can enjoy yourself and eat your favorite holiday foods without overeating and feeling stuffed. There are a few things you can keep in mind to help you have a fun holiday season, eat what you like, and spend quality time with your family and friends.



### The “Everything in Moderation” Diet

This simply means that you can eat your favorite foods as long as you eat a reasonable portion size. For example, 1 slice of ham or turkey, ½ cup of green bean casserole, 1 small scoop of mashed potatoes, 2 tablespoons gravy, 2 tablespoons of dip with chips, and 1 small piece of pie.

**Nothing is excluded in this diet!**

**The most important thing is that you don’t overeat.**

Listen to your stomach. Stop eating when you are no longer hungry – don’t wait until you feel full.

A good tip is to use a small or medium size plate and only eat as much food as will fit on the plate.

**Another important part of this “diet” is that you eat a variety of foods, not excluding any food groups.**

## Cook with Your Kids!

Kids love to cook and are more likely to eat food that they help prepare. Here are a few ideas for kids in the kitchen:

- First, always have them wash their hands with soap and water.
- Kids could do some of the chopping. Give them a butter knife and let them cut up soft foods.
- Teach them to measure ingredients.
- Let them pour in ingredients or stir while you hold the bowl.

Getting your kids involved in cooking will teach them lifelong skills and will create memories for everyone.

The holiday season is the perfect time to get them started cooking!



## Guiltless Pumpkin Pie

- 2 large eggs
- ½ cup granulated sugar
- 1½ teaspoons pumpkin pie spice or ¾ tsp each ground cinnamon and ground nutmeg
- ¼ tsp salt
- 1 15-oz can pumpkin
- 1 5-oz can fat free evaporated milk
- Optional – low fat whipped topping and ground cinnamon

Pre-heat the oven to 350 degrees. Lightly grease a 9-inch pie plate, set aside. Place eggs in large bowl and beat with fork or whisk. Add sugar, spices, and salt, stir well. Stir in pumpkin and evaporated milk.

Pour into prepared pie plate and bake for 40-45 minutes or until center is set. Remove from oven and cool on wire rack. Serve immediately or refrigerate until serving time.

When serving, add a spoonful of whipped topping to each slice if desired and sprinkle a little ground cinnamon.

Nutrition facts: 1 slice (1/8<sup>th</sup> of the pie) = 120 calories, 2.5 grams fat total, 1.5 grams saturated fat, 55 mg cholesterol, 3 grams protein, 170% vitamin A