



Texas Dietetic Association
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KEEP CALORIES IN-LINE THIS HOLIDAY SEASON USING THE NUTRIENT-RICH METHOD APPROACH

Holiday eating can be enjoyed without the fear of breaking your calorie bank. From farm-fresh fruits and vegetables to flavorful lean proteins, keeping it nutrient-rich will give you your biggest bang for your energy buck! Whether you are at a party enjoying appetizers or enjoying a home-cooked holiday meal, focusing on the nutrient-rich food choices such as colorful fruits and vegetables, whole grains, low-fat dairy and lean meats will keep you healthy and energized throughout the hectic holiday season.

When planning a Holiday party, remember these helpful hints:

ADD FRUITS and VEGETABLES

- Fruits and vegetables are perfect as appetizers or sides, as they provide much needed vitamins and nutrients; use light yogurt or cream cheese spreads for dippers.
- Choose a wide variety of colorful items for the most nutrients and to make your table look very festive. Some examples of seasonal produce include winter squash, sweet potatoes, greens, beets, pears, cranberries and apples.
- Make your own holiday gazpacho using fresh vegetables such as blenderized fresh tomato and chopped cucumber, celery, bell peppers and onion.

CHOOSE GREAT LEAN PROTEIN SOURCES

- Turkey is the traditional meat, but also consider beef and pork; white meat chicken or turkey that is well-trimmed.
- Beef roasts make a beautiful holiday centerpiece and many are considered lean. They can be easily found by looking for the words “round” or “loin” in the cut.

- Grilled, steamed or broiled fish is also a great lean protein option for holidays

INCLUDE SIDES for ANY OCCASSION

- Don't forget to include dairy in your meal for calcium and vitamin D.
- Use low-fat shredded cheese on top a vegetable medley.
- Maximize fresh fruit for your decadent dessert! Slice some pineapple, strawberries and add splash of chopped walnuts served with a bowl of low-fat yogurt for a perfect ending to any meal.

WHOLE GRAINS COMPLETE A NUTRIENT-RICH HOLIDAY MEAL

- Add whole grains to your holiday table for a good source of fiber, folate and energy.
- Choose whole wheat rolls or bread, enjoy brown rice with your turkey, fish or beef roast or add a whole grain pasta for a new twist.
- Remember to make half of your grains whole and to look for products marked "100% whole grain" on the label.

Registered and Licensed Dietitians are the food and nutrition experts and can help you plan a menu that will provide nutrient-rich foods you and your family will love! Find a dietitian in your area by going to:
<http://eatright.org/fard/>.

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