Nutrition News

Have a Holiday Party!
Most favorite holiday memories are about special times shared with family and friends. Create new memories with your family- plan a party during the holiday season.

Plan ahead
Plan a menu and invite family and friends at least a week before the date.

Make it casual
Some of the best memories are made in the kitchen – cooking, eating, laughing and telling stories. The kitchen is the ‘heart’ of the home.

Keep it simple
Try one of the following menus:
- Variety of finger foods
- Couple appetizers and a salad

Wild Rice Turkey Salad
6 oz. box Uncle Ben’s herbed wild rice mix, cooked
2 cups chopped cooked turkey
½ cup dried cranberries
1 Granny Smith apple, peeled and diced
1 carrot, grated
½ cup white balsamic vinegar
4 tablespoons olive oil
¼ teaspoon salt
¼ teaspoon pepper
2 or 3 chopped green onions
2 (4 ounce) slivered almonds, toasted

Combine all ingredients and gently stir. Serves 6–8.
- Soup with fresh bread
- Taco or quesadillas

Get together with family and friends during the holidays.

Holiday Party Survival
Many party foods are high in fat, sugar and calories. Healthy eating can be a challenge.

Here are some ideas to help:
- Eat some healthy foods before going to a party. You’re more likely to overeat at a party if you feel starved.
- Try to stay away from the food. You will eat more if the food is in front of you.
- Keep talking! You know it’s not polite to talk with food in your mouth, so you will eat less.
- Eat slowly. Take time to enjoy foods.
- Enjoy low calories drinks and water.
- Eat lots of fruits and vegetables.

How much do you really spend on food?
It’s hard to save money when you don’t really know how much you spend.

Put all your grocery receipts in an envelope for one month- from grocery stores, gas stations, discount stores, restaurants and other stores where you buy food.

How can you change your spending habits?
1. Make a plan – it’s the key to real savings. Planning meals and snacks can cut your spending up to 50% if you stick to the list. It helps stop impulse buying at the store.
2. Find the right stores for the best price – Some food items can be expensive at gas stations and convenience stores. Non-food items such as shampoo and cleaning supplies can be expensive at grocery stores.
What’s for Dinner?
Not having a plan for dinner can be costly.

Plan meals that will fit your family’s life.
Weekend dishes. There are some dishes that can be made on the weekend, frozen and eaten later in the week. Meatloaf, casseroles, and soups can be frozen for quick meals that only need to be heated.

Planned leftover dishes. There are some foods that can be eaten two nights in a row. They help save cooking time! Leftover chicken stir fry can be heated and served on baked potatoes or noodles.

Pantry dishes. Always keep foods in your cupboard for quick meals – spaghetti with sauce, macaroni and cheese, tuna fish or peanut butter sandwiches, and canned soups.

Crispy Salmon Patties
1 can (14.75-ounce) can salmon, drained
1 egg
1 slice whole wheat bread, shredded, or 5 crushed saltine crackers
3 green onions, including the green stems, or ½ cup white onion, chopped fine (about ⅓ medium onion)
1 medium garlic clove, minced, or ⅛ teaspoon garlic powder
Dash black pepper
½ teaspoon seasoning (paprika, chili powder, or dill weed)
2 teaspoons vegetable oil or olive oil

Remove any large bones and skin from salmon. Break into chunks with fork. Break egg into a large bowl. Whisk with fork. Add salmon, bread or crackers, onion, garlic, pepper, and additional seasoning. Mix gently. Form into 6 patties about ½ inch thick. Heat oil over medium heat in a large skillet. Place patties in hot oil skillet. Leave skillet uncovered. Cook 3 minutes. Turn over patties with a spatula. Cook the other side 3-4 minutes to a temperature of 145°F. Serve immediately. Makes a good sandwich with whole wheat bread, tomato, lettuce, and onions.

Nutritional Information: Servings Per Container 6, 1 Patty serving equals: 140 calories, 6g total fat, 1g saturated fat, 90mg Cholesterol, 310mg sodium, 0g Dietary Fiber, 1g Sugars, 3 Carbohydrate, 18g Protein

Sweet Endings
Make half your child’s plate fruits and vegetables.
End a meal with fruit!
Spice up your fruit:
- Sprinkle with a little cinnamon.
- Sprinkle with a little crushed graham cracker.
- Top with a spoonful of yogurt.
- Sprinkle with a teaspoon of crushed breakfast cereal.

Keep it simple- offer any fruit by itself; dish of applesauce, canned peaches or pears mandarin oranges, kiwi slices, banana slices, crushed pineapple.

Coffee Confusion
Is coffee healthful or not? Ongoing research suggest coffee, regular and decaffeinated, may have positive health effects and few negative ones.

For example, major studies have found those who drank 3 to 4 cups of coffee daily were 20% to 25% less likely to develop diabetes; protection appeared greater for decaf drinkers. And the latest Harvard study of 130,000 people for 18 to 24 years found no increased risk of death from cancer, heart disease or any cause among those who drank up to 6 cups a day.

How much is OK? The American Medical Association says that moderate coffee drinking (2 to 5 cups-250 to 500mg of caffeine) is likely harmless for healthy folks. Note: Research is typically based on black coffee drinks – not beverages with multiple jolts of caffeine and 200 to 500 extra calories per drink from sweeteners and whipped cream.

Watch for side effects. If you have regular insomnia, avoid caffeine –especially close to bedtime. If you’re pregnant, have acid reflux or develop side effects such as nervousness and digestive problems, follow your provider’s recommendations for caffeine from all sources.

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