Healthy Holidays

**Party like a pro: How to navigate a party buffet**

- Choose a mix of your favorite holiday dishes along with vegetables and fruits to keep your plate balanced.
- Savor your favorite holiday treats while eating small portions.
- Alcohol? Make it a glass of red wine, a spritzer or light beer.
- Bring your own healthy dish to a holiday gathering and enjoy.
- Eat when you are hungry, eat what you are hungry for, and stop when you are satisfied.
- Look over all the options and decide which foods would be better to enjoy in smaller portions.
- Let the company nourish you as much as the food!
- What strategies worked well for you last year? You are your own best expert!

**Holiday blues be gone: How to navigate the stress of the holidays**

- **Move MORE.** Focus on exercise, rather than weight loss. Ready to try something new? Head to the library for some exercise DVDs or try a Fitness for Your Body class.
- **Think Positive.** Spend time with friends who make you laugh and put you in a better mood.
- **Rethink gift-giving.** Give fewer gifts, consider doing some of your shopping online to avoid the holiday shopping crowds, or make a small donation to the favorite cause of a friend or family member.
- **Sleep.** Aim for 7-8 hours of sleep a night.
- **Quality over Quantity.** Have the family choose a few events that everyone agrees with.
- **Maintain balance.** Aim for consistency with meals, bedtimes, and exercise routines, which all help in managing or reducing stress.

**Light up the fun: Active, affordable and family-friendly events and places to explore in Austin during the holidays!**

- **The Austin City Connection Calendar,** over 50 activities in November and December for the family such as the Downtown Holiday Stroll and Skating with Santa! http://www.ci.austin.tx.us/holidays/
- **Instead of a cookie swap or baking party,** have friends and family over to decorate wreaths or design holiday ornaments.
- **Take a neighborhood walk,** to check out your neighbors lights.
- **Zilker Tree Holiday Fun Run,** family-centered 2.6 mile walk/run in Austin through Zilker Park. Enjoy looking at holiday lights along the route.
- **Hike, walk or bike the Greenbelt.**
Baked Macaroni & Cheese Recipe Made Healthier!

✓ 3 tablespoons plain dry whole wheat breadcrumbs ← Substitution for white breadcrumbs
✓ 1 teaspoon extra-virgin olive oil
✓ 1/4 teaspoon paprika
✓ 1 16-ounce or 10-ounce package frozen spinach, thawed ← Added to recipe
✓ 1 3/4 cups low-fat milk ← Substitution for whole milk
✓ 3 tablespoons all-purpose flour
✓ 2 cups shredded extra-sharp Cheddar cheese
✓ 1 cup low-fat cottage cheese ← Substitution for 1 cup of cheddar cheese
✓ 1/8 teaspoon ground nutmeg
✓ 8 ounces (2 cups) whole-wheat elbow macaroni ← Substitution for regular elbow macaroni

Merry Makeovers: Give it a try! Think of ways to make each recipe healthier by substituting an ingredient.

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Substitution</th>
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<tbody>
<tr>
<td>½ cup butter</td>
<td>¼ cup applesauce</td>
</tr>
<tr>
<td>1 egg</td>
<td>2 egg whites</td>
</tr>
<tr>
<td>1 can condensed milk</td>
<td>1 can skim, sweetened condensed milk</td>
</tr>
<tr>
<td>1 cup all-purpose flour</td>
<td>1 cup whole-wheat pastry flour</td>
</tr>
<tr>
<td>Frosting</td>
<td>Sliced fruit, pureed fruit, or non-fat whipping cream</td>
</tr>
<tr>
<td>Ice cream</td>
<td>Frozen yogurt</td>
</tr>
<tr>
<td>Cheese</td>
<td>Low-fat cheese or cottage cheese (non-fat versions do not melt well if used in cooking or baking)</td>
</tr>
<tr>
<td>Heavy cream (not for whipping)</td>
<td>2 tablespoons flour whisked into 2 cups of non-fat milk</td>
</tr>
</tbody>
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For more information & handouts, visit [http://www.utexas.edu/student/housing/wellness](http://www.utexas.edu/student/housing/wellness) Fall 2011

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