



## HOLIDAY FOOD SWAP

Eating healthy during the holiday season

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RESIDENT CONTRIBUTOR

The holiday season, from Thanksgiving to New Year's Day, is often considered the most magical time of the year, with so much to celebrate. This time of year can also be stressful for many reasons, especially for those trying to continue a healthy relationship with food. The impact of spending weeks ignoring what your body truly craves, as well as overriding your body's fullness cues, can do damage for months after the decorations are packed away.

While an essential part of having a healthy, mindful approach toward eating includes allowing yourself to enjoy your favorite foods, it's also vital to ensure you are still meeting your nutritional needs. With this in mind, let's explore some of my favorite, healthy and easy to prepare holiday food swaps you can make.

### SWAP THIS

**Pot Pie**  
**Green Bean Casserole**  
**Mashed Potatoes**  
**Apple Pie**  
**Pasta**

**Cheese**  
(a lot of fat and sodium)

**Hot chocolate**

**Mixed Drinks**

**Cookies**

**White or milk chocolate**

**Fried Appetizers**

**Candy**

### FOR THIS

**Shepard's Pie\***  
**Fresh Green Beans\***  
**Mashed Cauliflower\***  
**Baked Apples**  
**Spiralized Veggies or Spaghetti Squash**

**Hummus** - high in protein, healthy fats and fiber

**Cinnamon tea** - helps decrease blood sugar due to cinnamon's effect on blood glucose

**Red Wine** - the antioxidants in red wine may help raise HDL (good) cholesterol levels and even reduce blood clot formation.

Fill a **date** with one teaspoon of almond butter and top with cinnamon

**Dark chocolate** rich in antioxidants and a great anti-inflammatory food  
**Shrimp cocktail** with cocktail sauce  
**Frozen grapes** - sweet treat and natural source of antioxidants. Since they are frozen, it takes longer to eat them, which may help that sweet tooth pass!

\* See the full recipes on my website, [Uniquehealthandfit.com](http://Uniquehealthandfit.com)

Don't forget to exercise! The kitchen is as good a place as any.

- **Counter Push-ups:** engage the shoulders, arms, abs, back, and hip muscles.
- **Stove Squats:** strengthen your butt and legs by squatting as you put your dish in the oven. Hold for 30 seconds. Repeat every time you check on your dish.
- **Counter Triceps Dips:** unless you have incredibly tall counters, you should be able to do a triceps dip at the edge. 5-10 several times during meal prep.

- **Calf Raises:** try 5-10; this exercise targets your calf muscles but works your entire body as you use your whole body weight. You can do this by holding on to the counter for support.

Managing your weight around the holidays takes a little planning... For example, I took the batteries out of my scale on Wednesday.



Yours in Fitness,

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Helen's love of fitness began at an early age. She practiced dance and gymnastics as well as track and field. She's an Exercise Physiologist with over 35 years of experience. She is also a certified personal trainer, corrective exercise specialist, nutrition consultant and Senior fitness specialist.

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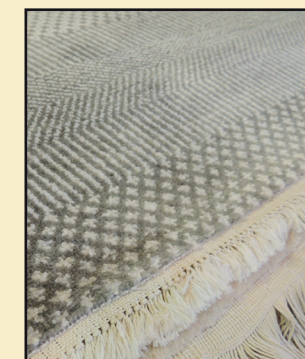


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