ADD 'HEALTHY' TO EVERY HOLIDAY HELPING

It's that time of year when you, and your family and friends, are inspired to cook favorite comfort foods or sweet treats. But these high-calorie dishes can add up to holiday love handles. Thankfully, there are a few simple tricks to turn any traditional recipe into a lower-calorie health food that's still delicious.

Spice up a meal by swapping healthier ingredients and bring back the fun into your kitchen! Here are some easy ways to give your holiday dishes a healthy makeover:

- **Go low.** Swap low or nonfat Greek yogurt for sour cream in dips, appetizers, and casseroles. Also, instead of full-fat dairy and cheeses, choose low-fat or non-dairy options.

- **Bring backup.** Be sure to bring your favorite healthy dish to the party. That way, if you don't see anything healthy to eat, you've got your dish to help you stay on track.

- **Add more plant-based options.** Plant-based diets have major health benefits for all chronic diseases. Incorporate foods that includes high-fiber whole grains, vegetables, and fruits. Start with one meal and gradually increase from one to two, then three.

- **Not too much of a good thing.** Even if you try to eat a balanced diet, portion sizes can work against you. Try using smaller plates for your meals and serve plates at the stove instead of at the table, so you think twice before having seconds.

THIS WEEK'S TIPS

- Flyer (PDF): 4 Steps for Eating Healthier
- Flyer (PDF): Food Can Be the Best Medicine
- Article: Getting Started on a Vegetarian Diet

THIS WEEK'S WEBINAR

- Healthy Food Choices on the Go

THIS WEEK'S RECIPE

- Tasty pumpkin pie

ADDITIONAL RESOURCES

- Visit a Farmer's Market at UCI
- Explore UCI Campus Recreation cooking videos and classes
- Learn more about the UCI Health Weight Management Program
- Join Weight Watchers at Work
- Find healthy food options on campus by exploring UCI Dining menus, and healthy food labeling system

UPDATE YOUR TRACKER