

# Healthy Food Options for Fall/Winter Gatherings

**Traditional Food Items  
contain more fat, sugar and sodium**

**Healthier Alternatives  
contain less fat, sugar and sodium**

**Halloween**



High calorie/high sugar candy bars, pies, cookies, cakes, pizza, deep-fried snacks, sugar-sweetened beverages, milk chocolate

Whole-grain cereal bars, snack packages of dried fruit, baked pretzels, unsalted nuts and seeds, trail mix (whole-grain cereal, nuts, and dried fruit), graham crackers, sugar-free gum or candy, individual 100% juice boxes, sugar-free individual pudding pack, jello with fruit, applesauce, single-serve packets of low-fat microwave popcorn, sugar-free hot chocolate or apple cider packets, dark chocolate

**Thanksgiving**



Turkey with skin on, store-bought cranberry sauce, butter, margarine, gravy, biscuits, sweet rolls, cornbread, meat-based stuffing, green-bean casserole, fruit pies, creamy salad dressings, fried potatoes, fried snacks, mincemeat pie, sweet potato pie, pumpkin pie, chocolate cream pie, pecan pie, cakes, eggnog

Turkey without skin, home-made cranberry sauce, cooking spray, olive-oil based spreads, gravy made from low-fat broth, whole-grain rolls/breads, cornbread made with skim milk, vegetable or fruit-based stuffing, steamed vegetables, fruit crisp topped with oatmeal, low-fat salad or reduced-calorie dressings, baked sweet or white potatoes, vegetable platter with low-fat dip, quick bread made with one cup of prepared mincemeat, crustless sweet potato or pumpkin pie made with evaporated skim milk and egg whites or substitute, chocolate pudding made with skim milk, cakes made with unsweetened applesauce, reduced-fat eggnog

**Christmas**



Mashed potatoes, meat-based stuffing, turkey or poultry with skin, ham, gravy, fried potatoes, fried snacks, sweet rolls, fruit pies, mince meat pie, sweet potato pie, pumpkin pie, chocolate cream pie and pecan pie, creamy soups, cookies, ice-cream, cakes, fudge, eggnog

Mashed potatoes made with skim milk and low-fat broth, mashed sweet potatoes, vegetable or fruit-based stuffing, turkey or poultry without skin, ham baked without a glaze, gravy made from low-fat broth, baked white or sweet potatoes, fruit or vegetable platter, unsalted nuts, whole-grain breads, fruit crisp topped with oatmeal, quick bread made with one cup of prepared mincemeat, crustless sweet potato or pumpkin pie made with evaporated skim milk and egg whites or substitute, chocolate pudding made with skim milk, broth-based soups, frozen yogurt, cakes made with unsweetened applesauce, reduced-fat eggnog

**New Years**



Deep fried finger-foods, cookies, potato chips, chicken wings, full-fat sour cream/mayonnaise based dips, brownies, high-calorie cocktails, calorie-sweetened drinks, regular soda

Baked snacks, fruit kabobs, whole-grain tortilla nachos, healthy dips (yogurt/cottage cheese/ low-fat sour cream/low-fat mayo based), champagne (instead of wine and beer), cocktails made with diet soda, 100% fruit juice, unsweetened drinks

**Super Bowl Sunday**



Jalapeno poppers, nachos, deep fried- snacks, queso, chili, cookies, chicken wings, sour cream/mayonnaise based dips, brownies, beer, pizza, hamburgers, hot-dogs, cheese platters

Salsa, guacamole, baked snacks, whole-grain nachos, healthy dips (yogurt/ cottage cheese/ low-fat sour cream/low-fat mayo based), chili (made with black beans), baked/grilled chicken wings (use olive/vegetable oil, instead of butter), vegetable or fruit platter

# Healthy Tips

## Halloween



- Limit the amount of candy kids eat. Allow kids to enjoy their favorite pieces and get rid of the rest by tossing it or keeping it out of sight.
- Don't be too restrictive. "Forbidden" treats are more tempting.
- Give out stickers or small toys instead of candy.
- Walk door-to-door with your kids. This is a great way to get in some physical activity.

## Thanksgiving



- Avoid overeating at dinner time. Enjoy a small meal or snack (fruits, vegetables, whole-grain sandwich, low-fat yogurt, etc.) to help keep you from feeling overly hungry at dinner time.
- Enjoy your favorite high-calorie foods in smaller portions.
- Make time to be physically active most days of the week to help relieve holiday stress.

## Christmas



- Cook with low-fat or fat free ingredients and try healthy alternative recipes.
- Choose your favorite foods. Skip your least favorite foods. Balance your plate with fruits and vegetables.
- Involve family members and guests in fun activities that burn calories such as walking, biking, tossing the Frisbee, or dancing.

## New Years



- Reduce temptations by not standing near food tables at parties.
- Watch the liquid calories! Space out alcoholic drinks with a glass of water, club soda, or other unsweetened beverages in between.
- Be physically active 30 or more minutes on five or more days a week to relieve stress, improve sleep, and for overall health.

## Super Bowl Sunday



- Enjoy fresh fruits and vegetables as snacks. There should be plenty of a variety in season.
- Offer and enjoy foods and beverages low in fat, calories, sugars, and sodium.
- Do simple stretches or exercises during commercial breaks.

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