

Healthy Lifestyles Newsletter

Tips for Holiday Eating

Cost Cutting Tips for Your Holiday Meals:

- **Take inventory first**

First check out your own pantry before holiday time. Plan your menu around items you already have, which can be a huge money saver.

- **Determine where to shop**

Check the local newspaper, online and at the store for sales and coupons. While at the store, compare prices of different brands to see which has a lower unit price.

- **Shop for foods that are in season**

In-season produce is typically less expensive because there is plenty available. Pick dishes that use these ingredients. November and December in-season produce includes pumpkin, winter squash, sweet potatoes, spinach, cranberries, pears, oranges, cauliflower, broccoli and mushrooms.

How to Reduce Your Sodium Intake:

- Large amounts of sodium can be hidden in canned, processed and convenience foods. Compare the labels and choose options with the lowest amount of sodium when shopping for the holiday meals.
- Use herbs and spices, such as rosemary and basil, to flavor dishes instead of salt.
- Drain and rinse to remove excess sodium before using canned beans or veggies.



How to Consume Less Added Sugar:

- Serve sparkling water, diet soda, or 100% fruit juice instead of regular soda, sweet tea or fruit punch. Better yet, choose water!
- Lighten up the amount of sugar in dishes like sweet potato casserole and cranberry sauce. Use herbs and spices for flavor instead.
- Try small portions or bite-sized dessert or share dessert with others.

Make Small Changes and Smart Substitutions:

- Use vegetable oils instead of butter
- Try half white and half whole-wheat flour instead of only white flour for added fiber
- Use low-fat or skim milk instead of whole milk or heavy cream
- Bake, grill or steam veggies instead of frying
- Use spices, fresh herbs and citrus juice instead of excess salt or added sugar

Tips to Keep Your Holidays on Track

- Compare nutrition information on food label
- Eat & choose foods wisely and in moderation
- Prepare and eat healthier meals at home
- Stay active and move more
- Focus on family and friends, rather than having seconds
- Aim for getting plenty of sleep

3 Ways to Thaw Your Turkey Safely

- **Refrigerator:** The USDA recommends approximately 24 hrs. for every 4-5lbs of bird. (It is safe to store the turkey for another 1-2 days in the refrigerator.)
- **Cold water:** Submerge your turkey in cold water & change water every 30 mins.
- **Microwave:** Use defrost function based on weight. Cook immediately after thawing no matter what method you choose.



Handling Your Turkey Leftovers Safely

- Cut the turkey into small pieces. Refrigerate stuffing and turkey separately in shallow containers with 2 hours of cooking.
- Use leftover turkey & stuffing within 3-4 days or keep them for 3-4 months in the freezer.
- Give new life to your turkey leftovers in a variety of ways, such as chilled turkey rice salad, turkey mashed potato soups, etc.

Leftover Turkey Casserole **Serving Size: 6 portions**

Ingredients:

- 6 slices bread, whole wheat
- 4 oz cubed turkey
- 1/2 cup onion, chopped
- 1/2 cup celery, chopped
- 1/2 teaspoon pepper
- 2 eggs, lightly beaten
- 1 1/2 cups milk, 1%
- 1 can cream of mushroom soup, low sodium (10 oz)
- 2 slices bread, whole wheat
- 2 teaspoons margarine
- 1/2 cup cheddar cheese, low-fat shredded
- 1/2 cup mayonnaise, light



Directions:

- Lightly coat a 9" square baking dish with vegetable spray. Cut 6 slices of bread into 1-inch cubes and place half into the bottom of a baking dish.
- In a bowl, combine turkey, onion, celery, mayonnaise, and pepper. Spoon mixture over breadcrumbs.
- Place remaining bread cubes over turkey mixture and press down slightly with spoon.
- Combine eggs and milk and pour mixture over cubes. Cover and refrigerate overnight.
- When ready to bake, preheat oven to 325°F
- Spoon soup over top of casserole.
- Spread one teaspoon margarine on side of each slice of bread. Cut buttered bread into 1/2-inch cubes and sprinkle on top of casserole.
- Bake for 60 minutes or until knife inserted in middle comes out clean. Remove from oven and sprinkle cheese over top. Let stand 15 minutes before cutting and serving.

Nutrition Information Per Serving: Calories:277; Fat:11g; Protein:17 g; Carbs:27g; Cholesterol:79mg; Sodium: 747mg;; Dietary fiber:3g; Total Sugar:7g; Vitamin D:1mcg; Calcium:201mg; Iron:2mg; Potassium:500mg (Recipe from USDA Choose MyPlate)

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