



Heart-Healthy Holiday

party tips

Ever notice how when the holiday season ends, your clothes don't fit the way they used to?

Fact: the average American gains five to seven pounds in the eight weeks before New Year's Day.

We realize that you are going to your share of holiday parties this season. The Marshfield Clinic and Ministry Health Care heart care team offers these tips for a healthy way to enjoy the festivities:

- ♥ Don't try to start a diet over the holidays. A more realistic goal may be to maintain your weight, not try and lose weight.
- ♥ Don't skip meals in anticipation of the "smorgasbord" to come.
- ♥ Eat prior to attending a holiday party—you are likely to be less hungry at the event.
- ♥ Distance yourself from the buffet so you are not tempted to nibble.
- ♥ Don't try to cut out all of your holiday favorites. Be selective with choices and try smaller portions of your favorite items.
- ♥ Use a smaller plate to cut back on calories.
- ♥ Sample different foods at different events. If you had cheese and crackers at one party, have something else at the next one.
- ♥ Remember, alcoholic beverages contain calories, too. Drink a glass of water between alcoholic beverages.
- ♥ Plan events that do not revolve around eating—try ice-skating, sledding with the kids, renting movies, or singing carols.

Bring a nutritious dish

with fewer calories, such as a fresh fruit or vegetable platter centered with a low fat dip. That way you are guaranteed at least one "safe" item. Substituting yogurt for mayonnaise in a dip is a great low-fat alternative.

low-cholesterol snack mix

SERVES 16,
1/2 CUP SERVING

- 5 cups dry cereal squares (rice, wheat, corn, oat/corn combination in any combination desired)
- 2 cups unsalted pretzel sticks
- 1/4 cup fat-free margarine
- 2 teaspoons low-sodium Worcestershire sauce
- 1 teaspoon celery powder or flakes
- 1 teaspoon onion powder
- 1/2 teaspoon garlic powder
- 1/2 cup raw peanuts or unsalted nuts

Preheat oven to 275 degrees.

In a large bowl combine cereal and pretzel sticks.

In a small saucepan, melt margarine over low heat. Add remaining ingredients except nuts, stirring well. Stir into cereal mixture.

Add nuts and stir to combine. Transfer mixture to a shallow roasting pan.

Bake for 1 hour, stirring every 10 minutes.

Nutritional
Information:

89 Calories
2g Protein
14g Carbohydrates
2g Fat
2g Saturated Fat
2mg Cholesterol
1g Fiber
121mg Sodium