

IN THE KNOW ABOUT NUTRITION

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“Beat the Bulge this Holiday”

Christmas, it’s what’s inside that matters most, calories that is, when it comes to your pant size. During the holiday season happy shoppers bag all kinds of candies, goodies and yummy comfort foods for their loved ones. Fight back this holiday season, against those climbing scales and expanding waist bands.

Easy Tips to keep you in check

- ✓ Be realistic. Losing weight is hard during the holidays, try to maintain.
- ✓ Exercise helps relieve holiday stress and prevent weight gain, so include the Family.
- ✓ Don’t skip meals. Eat a light snack like raw veggies or a piece of fruit before a party. You will be less tempted.
- ✓ Survey party buffets before filling your plate. Include vegetables and fruits to keep your plate balanced.
- ✓ Eat until you are satisfied, not stuffed. Sit down, get comfortable, and enjoy.
- ✓ Be careful with beverages. Alcohol can lessen inhibitions and induce overeating.
- ✓ If you overeat at one meal go light on the next.
- ✓ Bring your own healthy dish.



Cozy Up Calories

What’s not to love about cold weather comforts: fun goodies at the office during the holidays, hearty calorie packed soups and those warm tasty coffee drinks like Peppermint Mocha or Ginger Bread Latte from Starbucks. Part of the appeal is that you can only get them at this time of year.



We can’t deny that they’re simply delicious: spicy and yet oh-so-sweet—*so* sweet, in fact, that they couldn’t be low-cal. Bet you have no idea how shockingly high the actual calories in this seasonal sip can be if you order it in its full glory. We’re not talking a 20-ounce venti, just a pedestrian grande (16 oz.) with whole milk and whipped cream. The “grande” total: 430 calories, 16 grams of fat, 9 grams of saturated fat, 56 grams of sugars. This is enough to make you love-handled lovers revise your order. Starbucks isn’t the only place where ordering without all the information can mean consuming several hundred calories more than you bargained for.

Here’s a guide to more coffee drinks you might want to consider getting just once or twice a season—and skinnier sips you can guiltlessly give in to a little more often.

Starbucks

Skinnier Sip: Starbucks Skinny Cinnamon Dolce Latte

A tall (12 oz.) Nonfat Peppermint Latte—skip the whip—satisfies a sweet tooth for half the damage: 200 calories, 0 g fat and 38 g sugars. If you're feeling virtuous, ask for half the syrup to cut back on added sugars even more. Choosing one of Starbucks's "skinny" drinks, which are sugar-free, can save you even more. For example, a grande (16 oz.) Skinny Cinnamon Dolce Latte, with nonfat milk, has only 130 calories, 0 g fat and 17 g sugars—natural sugars from the milk. Speaking of milk, the good news about all these drinks is that they are an excellent source of calcium: even a 12-oz. size.

Recipe Corner:

Low-Fat Egnog

2 cups nonfat milk
2 large strips orange and/or lemon zest
*1 vanilla bean
2 large eggs plus 1 egg yolk
1/3 cup sugar
1 teaspoon cornstarch
**White rum or bourbon (optional) (extract can be substituted)
Freshly grated nutmeg, for garnish



Combine 1½ cups milk and the citrus zest in a medium saucepan. Split the vanilla bean lengthwise and scrape out the seeds; add the seeds and pod to the saucepan and bring to a simmer over medium heat. Meanwhile, whisk the eggs, egg yolk, sugar and cornstarch in a medium bowl until light yellow.

Gradually pour the hot milk mixture into the egg mixture, whisking constantly, then pour back into the pan. Place over medium heat and stir constantly with a wooden spoon in a figure-eight motion until the eggnog begins to thicken, about 8 minutes.

Remove from the heat and immediately stir in the remaining ½ cup milk to stop the cooking. Transfer the eggnog to a large bowl and place over a larger bowl of ice to cool, then chill until ready to serve. Garnish with Nutmeg.

*One teaspoon vanilla extract can be substituted for the bean pod, but must be added at the end of the heating as it will evaporate.

**Rum extract can be substituted to taste if desired.

Per serving (½ cup): Calories 90; Fat 2 g (Saturated 1 g); Cholesterol 96 mg; Sodium 59 mg; Carbohydrate 13 g; Fiber 0 g; Protein 5 g

Plan Activities without Food

Now that we shared our tips for healthy options, let's not talk turkey and talk about shaking and grooving. Tone up and maybe even trim down with a little moving during this festive season. Here's your chance to try something new this holiday. How about a Zumba class? Community centers, gyms and churches provide this fun interactive dance class for kids and adults of all ages. Zumba is a fusion of Latin and International music that creates a dynamic, exciting, and effective fitness experience. Many gyms and health focused groups have battle of the bulge contests during the holidays. Not only do these programs keep up attendance but help your waist line in the process. Some gyms give away prizes for folks that attend a certain amount of fitness classes. Start your own battle of the bulge contest during the Holidays! Most of the Senior Centers have exercise equipment that can be used – free.



Source: Mindy Kae Diller, TTU Dietetic Intern 2011-12

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