



Healthy Living at Hannaford

Managing Your Weight through the Holidays

You can still enjoy your traditional holiday meals without the guilt by making small changes to your recipes. To help control calories, fat, and sodium at your next holiday feast, try these simple tips:

- Use fresh or frozen turkey that has not been injected with loads of fat and sodium.
- Baste turkey with vegetable or low-sodium chicken broth instead of butter.
- For ham, choose a 98% fat-free ham and rinse before cooking to remove surface salt.
- Practice portion control by limiting the amount of turkey or ham on your plate to 3-5 ounces. A 3-ounce portion is the size of a deck of cards.



Gravy:

- Chill gravy, skim off the fat, and reheat before serving.
- To thicken, instead of flour, use cornstarch or try mashed potatoes with natural starches.

Stuffing:

- Use whole-grain or whole-wheat bread instead of white bread to bump up fiber content.
- Use less bread and replace with more chopped vegetables, such as onions, celery, carrots, spinach, or bell peppers.
- If recipe calls for chicken or vegetable stock, use low-fat or low-sodium versions.

Side Dishes:

- Substitute reduced-fat or nonfat sour cream, cream cheese, or creamed soups in place of regular, high-fat versions.
- Replace high-calorie casserole dishes with plain green salads, brown rice, or steamed vegetables.

Dessert:

- Experiment with low-fat recipes of pies and cakes. Try using evaporated skim milk instead of whole milk or substitute two egg whites for a regular egg.
- Use half of the amount of sugar the recipe calls for or try a sugar substitute, such as Splenda, in place of granulated sugar.
- Use less fat by substituting applesauce or pureed prunes in place of oils or butter.
- Serve a bowl of fresh-cut fruit topped with Dannon® vanilla yogurt mixed with cinnamon for an extra tasty and healthful dessert!



Interested in learning more?

Our registered dietitians hold classes, have on-the-sales-floor nutrition demonstrations and do healthy store tours. They can give you the information you need to make the healthy life style changes you want.

You can also email a private message to our staff registered dietitian, for free nutrition advice at hannaford.com/asknutritionist.