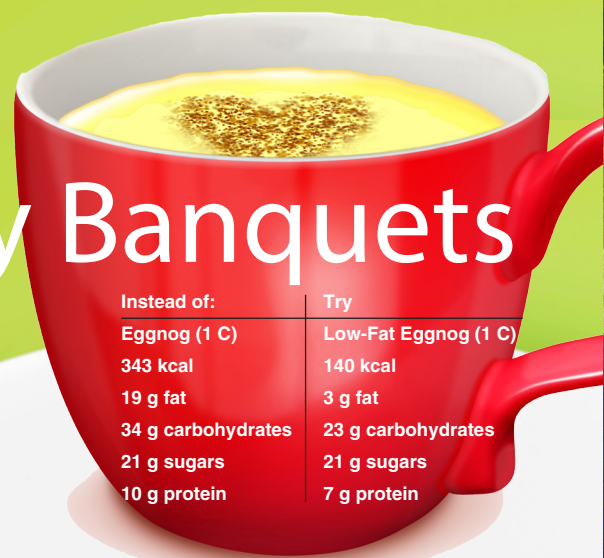


Balancing Holiday Banquets

See the gift in common celebratory foods and inspire the whole family to exercise together.

The holidays usher in a tidal wave of opportunities to overindulge. Instead of falling into guilt mode if you eat one too many spoonfuls of stuffing, empower yourself with reliable nutrition information and a healthy attitude toward food. Add fun exercise outings, and the entire family can enjoy the gifts of the season.



Instead of:	Try
Eggnog (1 C)	Low-Fat Eggnog (1 C)
343 kcal	140 kcal
19 g fat	3 g fat
34 g carbohydrates	23 g carbohydrates
21 g sugars	21 g sugars
10 g protein	7 g protein

Instead of:	Try:
Prime Rib (medium serving)	Turkey Breast (medium serving)
949 kcal	211 kcal
74.7 g fat	8.6 g fat
64.7 g protein	31.4 g protein



Cooking and housework count too (per 30 minutes) ■

Mopping
75 kcal

Scrubbing bathroom, kitchen, etc.
180 kcal

Cooking
85 kcal

Sweeping
136 kcal

Instead of:	Try:
Mashed Potatoes (1 C)	Sweet Potato, baked in skin (one serving)
237 kcal	103 kcal
9 g fat	0 g fat
666 mg sodium	2 g protein
35 g carbohydrates	
4 g protein	



Instead of:	Try:
Stuffing (½ C)	Collard Greens (½ C)
177 kcal	31 kcal
9 g fat	43 mg sodium
543 mg sodium	3g protein
3 g protein	



Instead of:	Try:
Pecan Pie (⅓ of a pie)	Pumpkin Pie (⅓ of a pie)
541 kcal	323 kcal
22 g fat	13 g fat
33 g sugar	25 g sugar
6 g protein	5 g protein



Get the whole family moving with fun activities (kcal expenditure is per hour, based on an individual who weighs 160 pounds):

Ice skating: 511 kcal

Football, touch or flag:
584 kcal

Walking: 2 miles per hour:
204 kcal



Key:
C = cup;
g = grams;
kcal = calories;
mg = milligrams