



'Tis the Season to Cut the Fat

Eating a large amount of fatty foods causes obesity, heart disease, and certain cancers. Usually foods that come from animals are higher in fat than foods that come from plants. The holidays are not the time to take a vacation from healthful eating. To cut the fat in your diet, begin by replacing high fat foods with lower fat foods. For example, cut back on high-fat snack foods like potato chips, cookies, hot dogs, cake, and ice cream. Choose the low-fat versions of these foods or eat fruits and vegetables instead. Other tips include:

- Avoid fried foods, like French fries, and fried chicken.



Avoid foods that are high in fat!

- Try cooking with smaller amounts of butter, vegetable oil, or margarine.
- Go meatless and eat pasta dishes, or beans and rice.
- When eating meat or chicken, cut away all of the visible fat and remove the skin too.
- Drink 1% or non-fat milk instead of whole or 2% milk.
- Cut back on the amount of cheese you eat.
- Try the low fat or fat-free salad dressing, spreads, toppings, and mayonnaise.
- At the fast food restaurant, order broiled chicken, or salads with fat-free dressing, and milk or water to drink.



Building Blocks to Good Health

- ☺ Make half your grains whole.
 - ☺ Vary your vegetables. Pick a different color vegetable to have each night. Let the children help make the choices.
- Suggestion:

Veggie Nights

Monday – Red - Tomatoes
Tuesday - Orange - Carrots
Wednesday -Yellow- Squash
Thursday - Green – Broccoli
Friday – Purple - Eggplant
Saturday – Rainbow – Choose 2 or more colors!

- ☺ Focus on fruit.
- ☺ Get your calcium rich foods.
- ☺ Go lean with protein
- ☺ **Be a label reader!** Ingredients are listed in descending order with the main ingredient listed first, and the smallest ingredient listed last.



Parent Question Box



Q. How can I reduce the fat in holiday baking recipes?

A. Here are a few ways to lighten up your holiday baking. Use low-fat baking methods, for example, grease baking sheets with cooking oil spray in place of butter, margarine, shortening or oil; in recipes that call for 1 cup of oil, use ½ cup of oil plus ½ cup applesauce; substitute egg whites for whole eggs in recipes for cakes and muffins; and cut the sugar by ¼ in your baking recipes. Remember, another way to cut the fat is to reduce the portion size.

Your holidays will be healthier and still taste good with less fat.



Parenting Place

Get Off To A Good Start In The New Year!

MyPyramid - Steps to a Healthier You

When you take care of yourself, you take care of your child. Make a New Year's resolution to take care of your health. In April 2005, the USDA released MyPyramid. It is a step-by-step guide to healthy eating and physical activity. MyPyramid is made up of five food groups, plus oils. Each color band stands for a different group. They are: **Grains, Vegetables, Fruits, Oil,**

Milk, Meat and Beans. Eat a variety of foods from each group every day. MyPyramid also tells us to get moving and recommends at least 30 minutes of physical activity a day for adults, 60 minutes for children. MyPyramid food plans are designed for the general public ages 2 and above. **One size doesn't fit all.** Visit **MyPyramid.gov** for your personalized eating plan. There are many tips and ideas to help you get

started on the path to a healthier you! The beginning of a New Year is a good time to start!



Season Greetings!

Enjoy the season by spending extra time with your children. The greatest gift you can give them is your attention and love!



Family Physical Activity Corner

- ☆ Go outside and play.
- ☆ Plan an outdoor scavenger hunt with the kids.
- ☆ Coat a pine cone with peanut butter. Roll it in birdseed and hang outdoors on a bush for the birds. They will love the treat!
- ☆ If it snows, walk in the snow, build a snow buddy, or go sledding some place safe. Remember to dress in layers!
- ☆ Visit <http://njaes.rutgers.edu/health/> for nutrition, health, and lifestyle program information and to download free handouts.



Wellness Buddies was created by Marilou Rochford, rochford@njaes.rutgers.edu
Rutgers Cooperative Extension, July 2009.
Technical assistance by Holly Larsen

Sponsored by:



Center for Children and
Childhood Studies



www.getmovinggethealthynj.rutgers.edu



Creation Station

Crispy Rice Cereal Holiday Treats

Adapted from Kellogg's™ Holiday Rice Crispy Treats

- 2 tbsp. **reduced** fat butter
- 4 cups miniature marshmallows
- 6 cups crispy rice cereal
- 1 tsp. imitation vanilla extract

Directions: Remember to wash your hands.

1. Spray 9 inch by 13 inch baking pan with non-stick cooking spray.
2. Melt reduced fat butter in large saucepan over low heat.
3. Add marshmallows and stir until melted.
4. Add the crispy rice cereal and stir until well coated.
5. Remove pan from the heat, and transfer crispy rice cereal mixture into baking pan.
6. Press crispy rice mixture into the baking pan with a spatula or spoon.
7. Use holiday themed cookie cutters to make shapes. Decorate with red and green or blue colored sprinkles.

