

December

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Healthy Holiday Substitutions

During the holiday season, eating healthy can seem downright impossible. Between shopping for the holidays, family and work responsibilities and sometime not enough sleep, temptation to indulge in your favorite holiday foods can be hard to resist.

The National Institutes of Health say Americans gain about a pound every winter holiday season. Although one pound sounds small, over several years this adds up.

Start a tradition this holiday season by getting creative and making healthier recipes through simple substitutions.

- **Flour** – Try substituting whole wheat flour for half of the called for all-purpose flour in baked goods such as cakes and muffins. This will increase the nutrient content of your treats.
- **Cream** – Top off holiday pies with frozen or low-fat yogurt instead of whipped cream or ice cream
- **Seasoning Salt** – When the recipe calls for seasoning salt, such as garlic salt, celery salt or onion salt try using herb only seasoning such as garlic powder, celery seed, onion flakes, or use finely chopped herbs garlic, celery, or onions.
- **Eggs** – For cakes, cookies, and quick breads try using egg white or cholesterol free egg substitute instead of whole eggs.



Happy Holidays!

Holiday Food Safety

- Refrigerate cooked leftovers promptly – within 2 hours.
- Use an appliance thermometer in your refrigerator to keep it at 40°F. or below.
- Divide leftovers into small portions and store in shallow containers in the refrigerator.
- Wash hands with warm water and soap for 15 seconds before and after handling food.
- Reheat cooked leftovers to 165°F; use a food thermometer to measure the temperature.
- Sauces, soups and gravies should be reheated by bringing them to a boil.
- When microwaving leftovers, make sure there are no cold spots in food (where bacteria can survive). Cover food, stir and rotate for even cooking.