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# Here's to Your Health:

*Balancing Entertaining  
and Nutrition*



*Presented By:*

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Questions

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# Presenters



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# Objectives

- Learn how make holiday dishes with a healthful twist
- Pick up tips for making pies just a bit healthier
- Be introduced to new recipes for healthy holiday breakfasts
- Get ideas for how to entertain with ease without compromising your diet





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# Our approach today

## What it isn't



More focused on health than on celebrating

Intended to require you to completely revamp your holiday menu

An annoying attempt by dietitians to make even the holidays ALL about health



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# Our approach today

## What it is

Time to celebrate holiday foods, and also offer suggestions for how to prepare them in a more healthful way

An opportunity to update some traditional foods using small changes

A chance to pick up some new ideas and learn a few new tricks to preparing holiday food



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# Menu planning tips

## Consider the guest mix

Kids involved? Girls' night? Open house situation?

## Appetizer balance

Avoid having all heavy apps/cheesy apps, etc.

## Do you really need a full dinner menu?

Apps/salad or soup/salad plus dessert can be a great option



## Spinach and Artichoke Dip - Three Guiding Stars

[guidingstars.com/recipes/spinach-and-artichoke-dip/](https://guidingstars.com/recipes/spinach-and-artichoke-dip/)



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# Menu planning tips

## **Don't forget beverages**

Be sure to offer no- or low-calorie options

## **Two ways to approach dessert**

Individual portions can provide control, but could also “push” people to eat the whole portion



**Banana Nog - Three Guiding Stars**

[guidingstars.com/recipes/banana-nog/](http://guidingstars.com/recipes/banana-nog/)



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# Getting started

## Creating your menu

- Use trusted sources
- Be selective
- Can any of your recipes be easily modified?
- Create a balance between new and classic, revamped and traditional





# Better choices in-store

Choose “better” versions of items that are on your menu, or ingredients required for your recipes

Look for items with:

- reduced sodium
- reduced sugar
- more whole grains

Utilize the Guiding Stars system in the aisles





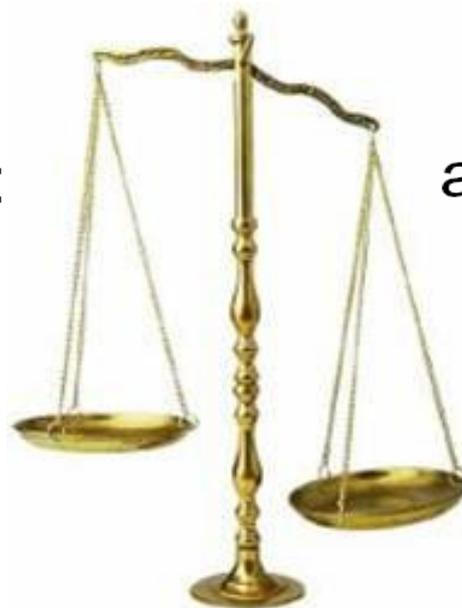
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# Guiding Stars

The formula ***credits***  
a product's score for:

vitamins,  
minerals,  
dietary fiber,  
whole grains



The formula ***debts***  
a product's score for:

*trans* fat,  
saturated fat,  
cholesterol,  
added sodium,  
added sugars

The resulting score represents a  
***weighted total***



# Guiding Stars

**One Guiding Star** indicates good nutritional value



1 star is good

**Two Guiding Stars** indicate better nutritional value



2 stars is better

**Three Guiding Stars** indicate the best nutritional value



3 stars is best



# Does the recipe need a makeover?

## Some things to consider:

- How “valuable” is the recipe to you and your family?
- What role does it play in the meal?
- What is the “change potential” for the recipe?
- What is the value of the change?
- What will be the taste/texture impact of the makeover?



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# Recipe modification primer

## General modification goals

- Decrease calories, fat, sodium?
- Increase nutrition by *adding* instead of taking away?  
(fruits/veggies, whole grains, etc)

## Basic strategies

- #1 Consider altering portion size
- #2 Find a similar recipe to work from (don't reinvent the wheel)
- #3 Focus on making one or maybe two well thought-out changes
- #4 Start with recipes that are not baked treats
- #5 Do a test-run before serving guests



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# Recipe modification primer

## *“Rules” for ingredient swaps*

### **Sugar**

- Adds sweetness, moisture, contributes to browning and texture of baked goods
- Cutting sugar by up  $\frac{1}{4}$  works well in non-baked items
- In baked items, cutting sugar by up to  $\frac{1}{2}$  requires adding other sweet ingredient and usually more adjustments (such as for moisture)
- Swapping liquid sweeteners such as honey, maple syrup, agave syrup for sugar requires experimentation (often reducing liquid, reducing baking temp)
- If using non-calorie sugar substitutes, always check package to see equivalents and whether they can be used in baking



# Recipe modification primer

## Fats

- Add tenderness, mouthfeel/creaminess, carry flavor
- Don't swap reduced-fat margarine for same amount of full-fat counterpart in baked goods
- Do experiment with fruit purees for baked goods (red velvet cake, chocolate cake, quick breads)
- Use high-quality fats where they will be most noticed
- Start by swapping out just part of the fat in a recipe (especially for baked goods)



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# Simple tips for specific holiday foods

## Cookies

Mini-sized; quality over quantity;  
attention to garnish/decoration;  
emphasize those that people don't  
get year-'round

## Stuffing

Wheat bread; low sodium broth;  
avoid pre-seasoned dry mixes if  
possible; make stuffing in individual  
ramekins



**Wild Mushroom Stuffing - 1 Guiding Star**  
[guidingstars.com/recipes/mushroom-stuffing/](http://guidingstars.com/recipes/mushroom-stuffing/)



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# Simple tips for specific holiday foods

## **Cream-based soups**

Serve small portions of rich soups; instead of heavy cream, thicken with leftover mashed potatoes (or even instant potato flakes--watch added salt though), blend up some of the soup with an immersion blender to thicken

## **Potato dishes**

Reduced-fat half-n-half, fat free buttermilk, roasted garlic, broth for moisture and flavor

## **Gravy**

Blend in some cooked vegetables to add nutrition and a thicker texture to gravy; use broth instead of pan drippings



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# Pie Pointers

- Go for fruit-based pies
- Make the filling from scratch instead of using canned filling
- Opt for a single-crust pie or a tart
- Modify the crust—work in some whole grains, add some nuts, use phyllo dough/phyllo cups
- Swap out whipped cream on top for vanilla Greek yogurt or a little frozen yogurt or top the pie with meringue





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# Build a Beautiful Brunch

- Seek recipes that make use of “better for you” ingredients like egg whites, reduced fat cheese, vegetables and whole grains
- We have a bunch of recipes on the Guiding Stars website!
- Use spices to bring big flavor in place of salt and sugar
- Remember, it’s breakfast *and* lunch
- Keep it balanced and aim for protein and heart healthy fat



**Strawberry-Spinach Salad with Champagne Dressing - 3 Guiding Stars**

[guidingstars.com/recipes/strawberry-spinach-salad-with-champagne-dressing/](https://guidingstars.com/recipes/strawberry-spinach-salad-with-champagne-dressing/)



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# Resources

## **Guiding Stars blogs and recipe round-ups for holidays:**

[Five Ways to Minimize Holiday Food Prep Stress](#)

[Holiday Spice is Nice \*and Healthy\*](#)

[A Party in the Pantry](#)

[Not So Sweet](#)

[An Appetizing Feast](#)

[All the Trimmings](#)

[Baking with Fruits and Veggies](#)

[\*\*guidingstars.com/webinar\*\*](https://guidingstars.com/webinar)

## **Other helpful links:**

[ChooseMyPlate “10 Tips for Healthier Holidays”](#)

[How To Make Your Recipes Healthier \(Dietitians of Canada\)](#)

[Meal Makeover Moms Healthy Holiday video recipes](#)

[\*Bon Appetit\* magazine’s guide to baking with sugar alternatives](#)



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Q&A



**Cashew-Stuffed Mushrooms - 2 Guiding Stars**

[guidingstars.com/recipes/cashew-stuffed-mushrooms/](https://guidingstars.com/recipes/cashew-stuffed-mushrooms/)



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# Thank you!

For more information on the Guiding Stars program, or if you have any further questions please contact us:

**RD@guidingstars.com**



**Poached Pears with Pomegranate Seeds - 2 Guiding Stars**

[guidingstars.com/recipes/poached-pears-with-pomegranate-seeds/](https://www.guidingstars.com/recipes/poached-pears-with-pomegranate-seeds/)