

HEALTHY TIPS FOR THE HOLIDAYS

From Fayette County Diabetes Prevention and Control Program

The holiday is a great time to enjoy and treasure time with family and friends. Debbie Lay RN, Fayette County Diabetes Prevention and Control program says you can still enjoy the tradition of holiday baking if you follow some basic tips and tricks.

Decrease the amount of sugar by an eighth or fourth. If sugar isn't used for crisping, tenderizing or caramelizing use a substitute or a sugar-substitute blend. Try switching to fat-free milk, low fat cream cheese, sour cream or whipped dessert topping. When baking a cake, use cake flour, then use less sugar or try using whole grain flour for one-fourth cup of regular flour. Sprinkle with powdered sugar instead of icing. Use only one crust when baking a pie. Replace the higher-fat chocolate products with unsweetened cocoa. Another option is the use of egg whites or frozen refrigerated egg product in place of some or all of the eggs.

Debbie Lay states to keep the focus on the festive activities instead of the food. Try to follow a regular eating schedule and communicate ahead of time with the host on what's being served. Of course there is always the strategy of using a smaller size plate. Remember to choose more of the low fat, low calorie foods such as fruit and vegetables, and sugar-free beverages. A healthy goal for the holidays is weight maintenance, not weight loss. Make time for some exercise, take a walk after the holiday meal. Make your health a priority this holiday and enjoy the festivities.

For more information on Diabetes Prevention and Control visit the web site at www.fayettehealthdept.org.