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## NEWS RELEASE

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### Cutting the Fat During the Holidays

The holiday season is upon us and with comes many of our favorite holiday foods. Unfortunately these foods are often high in fat, leaving many of us with a few extra holiday pounds. By following a few simple suggestions it is possible to lower the fat and calories in favorite holiday dishes without lessening their flavor and appeal. Some ideas for decreasing the amount of fat - and maintaining taste - in holiday foods are:

- Use evaporated skim milk in pies and other recipes.
- Offer low-fat whipping cream.
- Use low-fat milk in mashed potatoes or other recipes.
- Use fat-free broth in gravy.
- Look for low-fat eggnog in the grocery store.
- Decrease sugar in recipes. You can usually cut out 1/3 to 1/2 of the sugar in recipes without decreasing the quality or taste.
- Don't add butter to food while it's cooking. For those who use butter, make it available at the dinner table.
- Pre-basted turkeys are high in fat. Buy a regular bird, if possible.
- Baste with broth instead of greasy drippings.
- Bake dressing separate from the turkey. This will lower the amount of turkey fat in the dressing.
- Eat less skin. Three ounces of light turkey meat with skin have 7 grams of fat; without skin, 3 grams of fat. Three ounces of dark meat with skin have 10 grams of fat; and without skin have 6 grams of fat

Another way to encourage good health during holiday festivities is to encourage guests to bring along walking shoes. After the holiday meal invite everyone to take a walk or engage in some other outdoor activity. This will not only make everyone feel good, it will also help counteract some of those holiday indulgences.

For more tips on healthy eating contact University of California Cooperative Extension at (530) 889-7350 or visit our website at <http://ceplacer.ucdavis.edu>.

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Acting County Director