



# STRENGTHENING OKLAHOMA FAMILIES

## Family and Consumer Science News

November/December 2018

### Healthy eating for the holidays

The holiday season is a time to bring out old family favorite recipes for sweet treats, homemade pies and savory dishes like buttery mashed potatoes and herbed stuffing. While some of these foods may not be great for the waist line, following a few simple tips will help you eat healthy during the holidays and still enjoy your favorite foods.

Some people may have a hard time envisioning how healthy eating and the holidays can go hand-in-hand, but it is possible, said Deana Hildebrand, Oklahoma State University Cooperative Extension state specialist.

"For many of us, a big part of the holiday season includes sharing a meal with family and friends," Hildebrand said. "Making a plan now will help ensure you make good choices while still enjoying some of your favorite foods."

Although you may be tempted to skip breakfast or lunch so you can splurge on a holiday dinner, this reasoning is not a good idea. Skipping meals earlier in the day tends to lead to overeating at dinner. Instead, consider eating a protein and fiber-rich snack beforehand so you do not show up too hungry at the party.

"Vegetables and whole grains are great sources of fiber that help control appetite. Eating fiber-rich foods at every meal or snack will help control your hunger," she said.

Christine Walters, Oklahoma State University Cooperative Extension Maternal and Child Nutrition Program assistant specialist, said it is important to be mindful of what you eat once you arrive at the party.

"During any gathering, but especially over the holidays, it's easy to overeat. Mindful eating includes eating only when you're hungry, taking pauses between bites to socialize or drink water and getting up from the table when you're full," Walters said. "Remember, it takes your brain at least 20 minutes to realize when you're full, so it's important to allow time for satiety to kick in." Another strategy for healthy eating is choosing smaller portions. There is no need to avoid your holiday favorites, instead, just choose smaller portions. Walters said serving sizes are often much smaller than the portions that are served or those we take for ourselves. "In a typical 2,000-calorie diet, a person should eat at least five and a half servings of protein," she said. "Keep in mind, however, a portion of meat about the size of a deck of cards is equivalent to approximately three servings of protein. So, if you're at Thanksgiving dinner, consider comparing your slice of turkey to a deck of cards." "Because people bring out their best recipes during the holidays, save your calories for your special favorites, such as grandma's homemade rolls or your aunt's special pecan pie. Cont. on pge 3

### Mayes County Extension Office

2200 NE 1st ST  
Pryor, OK  
918-25-3241

### Email

janis.risley@okstate.edu

### FaceBook

## II In this issue

### Page 1

Healthy Eating for the  
Holidays

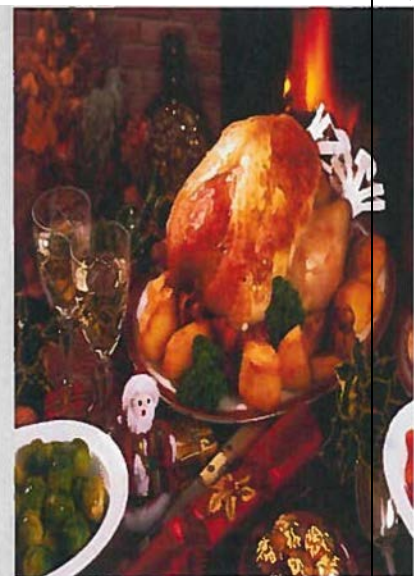
Page 2

The More the Merrier.

Lots of Leftovers

Page 3

### OHCE NEWS



## **THE MORE THE MERRIER: LOTS OF PEOPLE, LOTS OF LEFTOVERS**

When preparing for your special event, remember that there may be an invisible enemy ready to strike. It's called BAC (foodborne bacteria), and it can make you sick. Lots of people and little time can create opportunities for mishandling and contamination. After the big party, remember to safely handle leftovers to prevent foodborne illness.

### **Plan Ahead**

Make sure you have the right equipment, including cutting boards, utensils, food thermometers, cookware, shallow containers for storage, soap, and paper towels.

Plan on enough storage space in the refrigerator and freezer. In the refrigerator, air needs to circulate to keep the temperature at 40 °F or below. Use an appliance thermometer in your refrigerator to monitor the temperature.

### **When You Shop**

Separate raw meat, poultry, seafood and eggs from fruit, vegetables, other foods and cleaning supplies in your grocery shopping cart, grocery bags and in your refrigerator.

Check that fresh cut fruits and vegetables like packaged salads and pre-cut melons are refrigerated at the store before buying. Do not buy fresh cut items that are not refrigerated.

Buy cold foods last. Plan to drive directly home from the grocery store. You may want to take a cooler with ice or frozen gel packs for perishables. Always refrigerate perishable food within two hours. Refrigerate within one hour when the temperature is above 90 °F.

Avoid canned goods that are dented, leaking, bulging or rusted. These are the warning signs that dangerous bacteria may be growing in the can.

### **Working in the Kitchen**

Make sure that anyone who helps in the kitchen knows the basic food safety rules—clean, separate, cook and chill.

Encourage everyone to wash his or her hands with warm water and soap for 20 seconds before and after handling food.

Sponges and kitchen towels can easily soak up bacteria and cross-contaminate kitchen surfaces and hands. When a crowd is over and food preparation gets hectic, it can be safer to use paper towels.

Try to keep the refrigerator door closed as much as possible to keep it safely at 40 °F or below.

### **Lovely Leftovers**

Throw away all perishable foods, such as meat, poultry, eggs and casseroles, left at room temperature longer than two hours; one hour in air temperatures above 90 °F. This also includes leftovers taken home from a restaurant. Some exceptions to this rule are foods such as cookies, crackers, bread and whole fruits.

Whole roasts, hams and turkeys should be sliced or cut into smaller pieces or portions before storing them in the refrigerator or freezer.

Refrigerate or freeze leftovers in shallow containers. Wrap or cover the food. Leftovers stored in the refrigerator should be consumed within 3-4 days, and leftovers should be heated to 165°F prior to consumption.

Foods stored longer may become unsafe to eat and cause foodborne illness. Do not taste leftovers that appear to be safe, bacteria that cause illness does not affect the taste, smell, or appearance of food.

Frozen storage times are much longer, but some items such as salads made with mayonnaise do not freeze well. Foods kept frozen longer than recommended storage times are safe to eat, but may be drier and not taste as good.

**WHEN IN DOUBT, THROW IT OUT!**

you also may want to consider asking to take home a serving of something you simply did not have room for, so you can enjoy it the next day.

Something else to keep in mind is food is not the only source of calories, especially during the holidays. Many drinks are high in calories, whether it be eggnog, soda or juice.

Walters suggests drinking enough water throughout the holidays to stay hydrated and to limit your liquid calories.

"To add flavor to your water, consider lemon or lime slices," Walters said. "Not only will it add flavor, it also adds more vitamin C to your diet. This can help keep you healthy since holiday gatherings can be a time for germs to spread. Other vitamin C-rich foods to consider are oranges, green peppers and strawberries."

While holiday gatherings usually consist of plentiful food and drinks, it also can be a great opportunity to start a new tradition with family and friends.

"Exercise and physical activity during the holidays can be fun for everyone," Walters said. "Considering walking with family and friends after a meal or playing an active game. Exercise is a key component of self-care. Holidays can be a stressful time for some and people can be tempted to eat because of stress or emotion. Taking care of yourself by eating healthy, drinking plenty of water and getting adequate amounts of sleep over the holidays can help you feel great."

## **OHCE NEWS**

**November 14, 1:30 PM - County Executive Meeting  
(I'll be at the NE District meeting that day, Sorry)**

**November 30<sup>th</sup> 10AM -2PM – Sewing Creative Christmas  
ornaments.**

**You can bring your own ideas to share. (Bring your lunch)**

**December 12, 10 AM - Wagoner County Christmas Council  
Christmas Country Store (priced) items.. Bring gently used or new Items**

**Remember to save your Best choice tabs  
Bring your stocking Hats for DHS as soon as possible**



## **CLASSES OFFERED AT COWETA LIBRARY: (call library to have name put on the list)**

**November 19<sup>th</sup>  
Cooking with Herbs**

**November 26  
Celiac Disease:**



### **Wagoner County Extension**

Strengthening Oklahoma Families is published by the Rogers County OSU Extension Center-Family and Consumer Science programs . This newsletter is one way of providing educational information to interested citizens of Rogers County. The information given herein is for educational purposes only. Reference made to commercial products or trade names is with the understanding that no discrimination is intended and no endorsement is implied.

Oklahoma State University, in compliance with Title VI and VII of the Civil Rights Act of 1964, Executive Order 11246 as amended, and Title IX of the Education Amendments of 1972 (Higher Education Act), the Americans with Disabilities Act of 1990, and other federal and state laws and regulations, does not discriminate on the basis of race, color, national origin, genetic information, sex, age, sexual orientation, gender identity, religion, disability, or status as a veteran, in any of its policies, practices or procedures. This provision includes, but is not limited to admissions, employment, financial aid, and educational services. The Director of Equal Opportunity, 408 Whitehurst, OSU, Stillwater, OK 74078-1035; Phone 405-744-5371 ; email: eeo@okstate.edu has been designated to handle inquiries regarding non-discrimination policies. Any person who believes that discriminatory practices have been engaged in based on gender may discuss his or her concerns and file informal or formal complaints of possible violations of Title IX with OSU's Title IX Coordinator 405-744-9154 .

This publication is printed and issued by Oklahoma State University as authorized by the Vice President for Agricultural Programs and has been prepared and distributed at a cost of 50 cents per copy. 102018