



MAINTAIN DON'T GAIN

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Week 2: Add healthy to every holiday helping

It's that time of year when you and your family are inspired to cook your favorite comfort foods or sweet treats. But these high-calorie dishes can add up to holiday love handles. Thankfully, there are few simple tricks to turn any traditional recipe into a lower-calorie health food that's still delicious.

Here are some easy ways to give your homemade dishes a healthy makeover. Try these out to help you manage your weight – all season long.

Your Tips:

- **Go low**
Swap low- or nonfat Greek yogurt for sour cream in dips, appetizers, and casseroles. Also, instead of full-fat cheeses, choose low-fat cheese.
- **Bring backup**
Be sure to bring your favorite healthy dish to the party. That way, if you don't see anything healthy to eat, you've got your dish to help you stay on track.
- **Brighten up**
Replace one heavy starch dish with a fresh fruit, bright vegetable dish – such as mixed greens or roasted asparagus.

Adapted from: Kaiser Permanente
www.wellness.uci.edu/facultystaff/maintaindontgain.html

Your UCI Resources:

- Explore the [Healthy Recipes](#) provided by UC Irvine Health and search by Dietary Consideration and Food Category.
- Improve your cooking skills. Plan on taking an [ARC Cooking Class](#) in the new year and learn how to create something new.
- Want fewer calories, less fat, whole grain, vegetarian or vegan choices? [Nutrition Highlights](#) make better-for-you choices easy to find when you are eating on Campus.



View a past UCI Wellness workshop:
[Healthy Holiday Cooking](#)



Download a recipe created by UCI Campus Recreation Chef Jessica:
[Detox Salad](#)



Watch a recorded EAP webinar:
[Mindfulness: Being Present in Your Work and Life](#)