Healthy Holidays!

The holidays are here again and that means tasty treats everywhere. Whether cooking for guests, bringing food to a party, or packing up leftovers, food safety should be a primary concern. The following tips will help to make your holiday season safe, healthy, and delicious!

**Serving Your Guests**

- Keep hot foods hot (140° F or warmer).
  - Try a steam tray or slow cooker.
- Keep cold foods cold (40° F or cooler).
  - Try nesting in bowls of ice.
- If ice or warming trays are not available, food should be presented right before the meal and placed back in the oven or refrigerator immediately after guests are served.

**Taking Food to a Party**

### Hot Food

- Plan to remove fully cooked foods from the oven right before leaving the house.
- Do not transport partially cooked foods.
- Food should be transported in an insulated container, or wrapped in heavy towels so foods stay hot.
- Before serving, heat food to the safe temperature of 165° F, including gravies, soups and hot sauces.

### Cold Food

- Ensure that cold foods remain cold.
- Consider using cold packs or bags of ice to pack around the food.
- When you arrive, serve immediately or refrigerate until serving.

**Safety with Leftovers**

- Do not leave perishable food at room temperature for more than 2 hours.
- To cool quicker, divide large amounts of cooked food into shallow containers before storing.
- Use leftovers within 3-4 days.
- Reheat leftovers to 165°F.

For more holiday and party food safety tips, visit [www.foodsafety.gov](http://www.foodsafety.gov)
AIM TO MAINTAIN...AND ENJOY!

Weight gain is not a necessary evil during the holidays. You can still enjoy all the great holiday foods that surround you at work, parties, and in the kitchen without expanding your waistline. Here’s the key: don’t deny yourself treats, but be mindful of how much you eat. Small bites add up, so choose them wisely! Try these additional tried-and-true tips:

- Enjoy treats in small portions.
- Eat slowly, enjoying the smell and taste of foods.
- Choose to eat special holiday foods to celebrate the season, rather than foods you have every day or all year long.
- To avoid snacking while you’re cooking, brush your teeth first or chew gum.

Make traditional recipes heart healthy and figure friendly!

- Mashed Potatoes
  - Substitute low fat sour cream for a portion of the butter used in the recipe.
  - Substitute boiled cauliflower for a portion of the potatoes.
- Desserts
  - Use 1/3 of the sugar listed in a recipe. This cuts down on calories without affecting the dessert.
  - Replace some of the white flour in a recipe with a whole grain flour like whole wheat or oat.

Brown Sugar Cinnamon Apple Muffins

Ingredients
- 1 ¼ cups whole wheat pastry flour
- ½ cup white sugar
- 2 teaspoons baking powder
- ¼ teaspoon salt
- 1 egg
- ¾ cup milk
- ¼ cup canola oil, applesauce, or yogurt
- 1 apple
- 2 tablespoons brown sugar
- Cinnamon to taste

Instructions
1. Mix together flour, white sugar, baking powder, and salt.
2. Add egg, milk and oil (or applesauce or yogurt).
3. Mix together.
5. Peel, core, and chop the apple. Toss it with the brown sugar and cinnamon.
6. Place the apple mixture on top of the batter in the muffin cups.
7. Bake for 18 minutes at 350°F.
8. Serve warm or cold.

Recipe from: http://thehappyhousewife.com

Photos by http://www.flickr.com/photos/78428166@N00/4161088841/ and http://www.flickr.com/photos/jhard/3144351895/
Join us for the following Spring 2014 Programs!

Healthy You: Weight Management and Mindful Eating Program
This fun (research-based) 10 week curriculum promotes healthy eating without deprivation or dieting. Hands-on activities, snacks, and exercises help you understand hunger, portions, labels, menu planning, physical activity, and more.
- Time: 6-7 pm January 30th-April 10th (Thursdays) or 12-1 pm January 31st-April 11 (Fridays)
- Cost: $175 ($100 for CSU students and employees)
- Special: Register with a partner and each save $50 (not combined with CSU discount)

Dining with Diabetes Program
This program includes 4 weekly classes to help you achieve a healthier lifestyle while controlling your diabetes. Topics include diabetes management, risk reduction, nutrition education, menu planning, portion control, and a hands-on cooking class each week. Also for pre-diabetes!
- Time: 6-7:30 pm, Thursdays April 17-May 8
- Cost: $100 ($75 for CSU students and employees); scholarships available.

Gluten-free Dining Series
Explore ways to make gluten-free cooking more nutritious and convenient! Our professional kitchen allows you to learn while participating or just observing. We’ll make delicious recipes and you’ll leave with a full stomach, recipes, handouts, and nutrition information.
- Dates: February 26, March 26, April 23, 2014
- Times: 12-1 PM and 6-7 PM
- Cost: $25 per class ($12 for CSU students and employees)
- Preorder the series and save: $65 ($30 for CSU students and employees)

Date Night Cooking Class
Bring a significant other, family member, or friend for a fun night of cooking and learning. In this very "hands-on" class, you and your partner will make a main dish, a side and a dessert. For less than a dinner out, you’ll have a Valentine’s Day to remember. Come hungry!
- Date: Friday, February 14th, 2014
- Time: 6-7:30 PM
- Cost: $40 per couple

Resting Metabolic Rate
Our metabolic rate monitor can determine your basic calorie needs in a 30-minute appointment, and we can provide recommendations based on your activity or weight goals.
- Cost: $100 ($50 for CSU students and employees).

Classes fill fast so sign up online or call soon to reserve your spot!

Location for all activities: Room 114 Gifford building on the CSU campus
Like us on Facebook for weekly nutrition tips!
Visit our website for more information: www.nutritioncenter.colostate.edu

Nutrition Connection
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