



# THE MARKET BASKET

Nov/Dec 2010



Expanded Food and  
Nutrition Education  
Program



*Hi Friends:*

*Wow, where did the time go? The Holidays are just around the corner, can you believe it? This issue has a lot of Holiday tips & recipes. For Parents with Picky eaters there is a article on this topic. On behalf of the entire Polk County Extension Office we wish you & yours a Healthy, and Safe Holiday Season!*

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*Merry  
Christmas*



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## Here Come the Holidays!

November brings the start of the holiday season - time for family and friends and the foods we share together. Did you know that you can enjoy your favorite holiday foods and still eat healthy? Here are some tips:

- ◆ Start with smaller portions of food at holiday meals.
- ◆ Eat slowly so that you can tell when you are feeling full.
- ◆ Fill half your plate with vegetables.
- ◆ Stick to regular meal times. People who skip meals usually eat more food than people who don't.
- ◆ Start your day with a healthy breakfast.
- ◆ Drink plenty of water.
- ◆ Refrigerate leftovers quickly - food should be at room temperature no longer than two hours.



## Holiday Nutritious Tips:



If you are thinking that Healthy Holidays is an oxymoron, it doesn't have to be that way. It definitely is a time where many of us will enjoy holiday food and maybe wish we hadn't overindulged. Some are waiting until the new year to start a new diet or exercise program. Why wait till January 1st when your whole family can keep up good habits or at least adopt a couple of new ones. Realistically though, it may not be the ideal time to start thinking about losing weight because you may set yourself up for failure. You may find yourself overeating because of emotional issues around the holidays, by attending more social events (office parties, school parties, etc), or just because there are more things to do and less time for meal planning at home (i.e., more snacking on the go or more stops at the fast food restaurants).

Here are some things you can do for you and your family:

1. Do something different for your holiday meal. Pick one traditional favorite recipe but mix up your side dishes and offer fresh fruit salad or melon wedges. Offer raw broccoli with salsa as an appetizer. Try a baked apple with cinnamon for dessert. Let the kids have some bubbly by offering club soda with a little bit of 100% juice.
2. Instead of making cookies or fudge this year for your neighbors and friends, create cards such as "thank you" cards. Your kids can help create the cards using blank cards and fun stickers available at scrap booking shops, Target, and the like. The kids can write "Handmade" on the back with their name.
3. You may want to talk to your neighbors or office mates if you usually exchange gifts and come up with alternatives to candy and baked goods. Perhaps just collecting \$5.00 from everyone and donating to a food bank. Your kids can donate from their allowance thus making them more aware of the giving spirit.
4. Still feel like giving a gift of food? Try simple things like a box of tea or take a jar and fill it up with low fat hot chocolate mix. Wrap a ribbon around it and a small card with directions.
5. If you are the one cooking, limit taste testing. You don't want to be full (and still eating) when the guests arrive. Plus, 50 calories for one taste and another 50 calories for a 2nd taste adds up to an extra 100 calories. An extra 100 calories a day over and above what your body needs adds up to a 10 lb weight gain by the end of the year.
6. If your host offers soda to your kids, let them enjoy the one small cup (maybe split it between the siblings). Soda has a lot of sugar in it as well as caffeine. Be careful with juice too; although most juice is made of natural sugar, better to offer water throughout the day. Kids are growing but they don't need to eat extra calories. Avoid juices like Sunny Delight© which is just a high sugar drink and has nothing to do with juice.
7. Look up some low fat versions of your favorite holiday recipes. For example, use low fat milk instead of whole milk when making mashed potatoes. Applesauce can be substituted for oil when baking. Check out [epicurious.com](http://epicurious.com) or [foodtv.com](http://foodtv.com) for low-fat recipes.
8. Try new side dishes instead of traditional ones: serve baked sweet potatoes or baked parsnip fries (see recipe). Also grilled asparagus or steamed artichokes can be a nice new side dish (use a non-fat dip for the artichokes or just sprinkle with lime juice).
9. Simplify your menu: offer low-fat pumpkin soup (see recipe) as a starter, followed by an entrée and green veggie (sautéed spinach with garlic) and small dinner rolls.
10. It is nice to offer appetizers when guests arrive but change it up a bit this year. Provide grapes and strawberries or maybe pickles as well as pickled watermelon.
11. Choose the one food you will indulge in and enjoy it while taking small portions of the other offerings.
12. Be careful with gravy. A half a cup poured over your mashed potatoes can add another 200 calories to your meal. If that is your love, enjoy it but then skip dessert.
13. Serve a crust-less pumpkin pie this year and save calories (see recipe). Skip on offering pecan pie and serve sliced fruit along with apple or pumpkin pie.

# Handling A “Choosy” Eater

## What would you do?

- Sara won't eat anything green – she even refuses a whole meal if one green pea appears on her plate.
- Sandy is interested in everything at the table BUT eating.
- Dillon gets upset when one food on his plate touches another.
- Marissa won't eat anything but an orange or a banana; two days ago she'd only eat peanut butter sandwiches.

## Ten Effective Ways to Handle a Child Who is a “Choosy” Eater

1. Treat food jags in a calm way since food jags don't last long anyway.
2. Consider what a child eats over several days not just at each meal. Most kids will eat more food variety than a parent thinks.
3. Trust your child's appetite rather than force a child to eat everything on the plate.

Forcing a child to eat more encourages overeating.

4. Set a reasonable time limit for the start and end of a meal then remove the plate quietly. What's reasonable depends on each child.
5. Stay positive and avoid criticizing or calling any child a “picky eater.” Children believe what you say!
6. Serve food plain, and respect the “no foods touching” rule if that's important to your child. This will pass.
7. Avoid being a short-order cook by offering the same food for the whole family. Plan at least one food everyone will eat.
8. Substitute a similar food – if a child doesn't like a certain food, maybe sweet potatoes, instead offer squash.
9. Provide just two or three choices not a huge array of food. Then let your child decide.
10. Focus on your child's positive eating behavior not on the food.



## Healthy Kids Holiday Recipes:

### Holiday Wreaths:

1/2 cup [margarine](#)  
1/4 cup sifted [brown sugar](#)  
1 egg, separated  
1 cup sifted flour  
1 cup finely-chopped nuts  
Raspberry jam



Cream margarine and sugar together until light and fluff  
Add egg yolk and beat well.  
Add flour.  
Chill dough.  
Form into small balls.  
Dip in [egg white](#) and then roll in nuts.  
Place on a baking sheet.  
Press a hole in center of each cookie with the handle of a knife.  
Bake in a very slow oven (300° F).  
After 8 minutes of baking, press in center of cookies again and continue baking 10 minutes.  
Remove to rack and cool.  
Fill center with jam.

### Peanut Butter Clusters:

#### Ingredients:

10 ounces Peanut Butter Chips  
1/2 cup dry-roasted, unsalted peanuts  
1/2 cup regular oats, uncooked  
1/2 cup raisins  
1 teaspoon cinnamon

**Directions;** Microwave chips in a bowl on high power, until melted about 1-1/2 min. Sir add remaining ingredients; mix thoroughly. Using your hands roll into 1-in balls. Cool. ENJOY!!



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