

# Healthy Eating for the Holidays: Substitutes for Healthy Recipes



**Dr. Robert Silverman**

The holiday season can be especially cruel on our diets. No matter how mindful we are with eating healthy foods at home, the ingredients used in food at parties can often sabotage us--loaded with butter, cream, plenty of sugar, plenty of salt, fats and other tasty but unhealthy ingredients. Even in today's health-conscious environment, it's a tough time to watch what we eat.

Most recipes can be modified to increase their health value without sacrificing taste. The key to healthful eating is to "reduce and replace." Make small changes so that you will not sacrifice the taste and flavor of your foods. This will maximize your chances of success.

What should you change? Here are some tips.

1. Reduce fats. Concentrate on removing the saturated fats such as butter and other animal fats, which are high in cholesterol. Replace saturated fat with monounsaturated fats such as olive oil, canola oil and walnut oil.
2. Limit sugar, which has no nutritional value.

3. Limit salt. A risk factor for high blood pressure and hypertension in some people.

4. Eat plenty of fruits and vegetables. Watch for fat in the recipe. Is there a way to reduce it or replace it with a less objectionable ingredient?

Pay special attention to the portion size. Substitute a smaller meat portion and fill your plate with vegetables prepared without butter or cream.

Here are some other tips for modifying recipes for health.

1. Use organic nonfat or low-fat milk instead of whole milk, and choose fat-free or reduced-fat cheeses.
2. Limit margarine and butter, which contains fats that can raise cholesterol and have been associated with cardiovascular disease risk.
3. Substitute lean cuts of meats for fatty ones (i.e. eye round, top round, round tip, top sirloin, bottom round, top loin and tenderloin). Remove skins and visible fat and always choose grass-fed over corn or grain-fed.
4. Bake, broil or steam rather than fry. Sauté with a dash of oil, wine or a few tablespoons of broth.
5. Substitute with seasonings, herbs,

spices, lemon juice or minced tangy vegetables instead of full-fat marinades. Examples of herbs and spices you can use are turmeric, ginger, onion, garlic, celery or parsley instead of salt and butter.

6. Avoid cream-based soups, sauces and gravies. Replace cream with skim milk. Choose vegetable-based soups and sauces. Tomato paste will also thicken sauces.

7. Reduce or eliminate the number of egg yolks used, which are high in fat and cholesterol. (Generally, double the eggs and throw away the yolks.) Choose organic, cage-free, hormone-free eggs.

8. Experiment with less fat, sugar and salt than called for in the recipe. Substitute with agave honey for sugar, use fat-free low-sodium chicken broth, if necessary, for taste.

9. Substitute apple sauce or other fruit purees for butter or oil in the recipe for baked goods, such as cakes and cookies.
10. Make pie crusts with unsaturated oils instead of butter or solid fats. Top desserts with fat-free frozen yogurt or whipped evaporated skim milk. Or better yet, use fresh fruits.
11. For your appetizers, look for recipes

using fresh or roasted vegetables, fruits, lean meats, whole-grain/whole-wheat breads and fat-free or reduced-fat cheeses.

12. Bake sweet potatoes in their skins. Season mashed potatoes with roasted garlic and herbs and fat-free chicken broth instead of butter and milk.
13. Skip MSG in oriental recipes. Again, substitute with fat-free chicken, beef or vegetable broth.
14. Replace bread stuffing with rice or grains. Try using fruits like apricots.
15. As far as practical, use reduced-fat dairy products, such as nonfat sour cream, whipped cream and whipped cream cheese.

Enjoy the holidays and you can now have your pie and eat it too!

*Chappaqua resident Dr. Robert G. Silverman is a certified nutrition specialist, certified clinical nutritionist and certified strength and conditioning specialist. He is also a chiropractor and sports injury consultant with a practice in White Plains and serves as a member of the medical team of New York City's Triathlons and Marathons, Westchester Triathlon and multiple international Iron Man events and local sports venues. Dr. Silverman can be reached at 914-287-6464 or by e-mail at [info@DrRobertSilverman.com](mailto:info@DrRobertSilverman.com). Also visit [www.DrRobertSilverman.com](http://www.DrRobertSilverman.com).*

## Dr. Rob

## Registration for Mt. Kisco Winter Recreation Programs Now Available

The Mount Kisco Recreation Department is now accepting registration for its winter programs and special events. This season Mount Kisco Recreation is offering a variety of programs for all ages. For pre-school children, there is Music and Motion, Let's Have a Ball, Gymnastics and Sports for 4s and 5s. School-age programs include basketball for all grade levels, youth theater, karate, soccer lessons, mixed sport classes, cookie decorating, school break mini camps and much more.



For a complete list of programs or to download registration forms, please visit [www.mountkisco.org/recreation](http://www.mountkisco.org/recreation).



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## Briarcliff's Standout Runner Excels at Federation Meet

Briarcliff junior standout Stephen Shine turned in a dazzling effort on Saturday, finishing an impressive 10th in the New York State Federation Championship at Bowdoin Park. Shine completed the cross country race in 16:13.2 to finish well ahead of most of the 250 elite runners competing. Eight of the nine runners who crossed the finish line ahead of him were seniors as he wound up second among all the juniors who had qualified for the prestigious event.