

Nutrition News

for Seniors


EAT WELL

Provided by the Nutrition Division of the Westchester County Department of Senior Programs and Services

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Healthful Holiday Meals

Cereals and grains, fruit and vegetables can provide the focal point for your holiday meals as well as for your everyday eating. Here are some serving suggestions to help create healthful holiday meals.

HORS D'OEUVRES

Make before-meal eating low in fat and high in vitamins and minerals.

- Puree cooked black beans along with onions and red peppers that have been sautéed in stock. Thin the puree with a little liquid (additional stock or water) and add your favorite spice combination for a fat-free dip. Serve with baked tortilla chips, reduced-fat or non-fat breadsticks or crackers, or pita sections.
- Spread reduced-fat or non-fat cream cheese on reduced-fat or non-fat crackers. Garnish with sun-dried tomatoes; cucumber slices and pimiento or smoked salmon and dill.
- Rely on low-fat or non-fat varieties of plain yogurt, ricotta cheese or sour cream for dips. Flavor them with dry onion soup mix, salsa, chopped cooked spinach, chutney or other favorite flavorings.
- Make available dried fruit and nut mixes - or offer nuts in the shell - along with a nutcracker and nut picks.
- Bake miniature vegetable quiches using lower-fat cheese and egg alternative.
- Provide a plate of vegetables (such as pieces of cauliflower, broccoli, celery, baby carrots and cherry tomatoes) to eat with humus (chickpea dip) or other dips.



ENTREES

Shift the focus from meat by serving plenty of appetizing grains, fruit and vegetable dishes. Baked apple, pear and banana pieces along with raisins, dried apricots and powdered cinnamon make a wonderful winter fruit dish.

- Marinate red and yellow pepper pieces, onion slices, baby carrots and whole mushrooms in reduced sodium soy sauce, ginger and a little olive oil. Gently cook.
- Sauté onions, mushrooms and red pepper in a moderate amount of olive oil. Add this mixture to prepared wild rice, barley, couscous or buckwheat (kasha).
- Boiled, smoked chestnuts make a rich-tasting addition to cooked grains.



DESSERTS

Many fruit-based desserts fit right into a traditional holiday meal. When making your own desserts, use lower-fat ingredients. Also, to accommodate guests who are year-round low-fat eaters, always offer a tempting bowl of fruit.



