

FCS Nutrition Food For Thought



Fulton's Holiday Nutrition Facts



Snacking During The Holiday's

Most people consider snacks to be the foods they eat between meals. There are many benefits to snacking, but it is important to keep the following in mind:

1. Choose snacks with healthy ingredients
2. Limit the portion size you eat to one serving
3. Count snack calories within your total daily calorie allowance

Nuts and dried fruits are abundant during the holidays. Nuts contain the good fats, unsaturated, which help lower cholesterol and fruits contain phytochemicals that may reduce risk for certain cancers.

'Tis The Season Of Temptation

Try these strategies to help you maintain your weight during the holidays.

1. Budget for indulgences. Lots of candies and treats are around during the month of December at the office and received as jesters of thanks from friends and coworkers. Candy and sweet treats are full of empty calories. Budget yourself to only one or two pieces a day.
2. Savor every bite. Stick to small portions for meals to compensate for snacks. Eat your meals slowly. You will become satisfied faster. Drink lots of water.
3. Preset your limits. When attending parties set your limit to five or six hors d'oeuvres.
4. Lighten up. Cut back on baking with sugar. Use fruit as the base for desserts. Choose light or fat-free whipped cream.
5. Strategize for parties. Don't skip meals the day of a party. Your body will want to store the calories you eat later on instead of using them for energy. Eat smaller portions during the day and make sure you consume fiber, vitamins, and minerals to stay healthy.

Debunking Dairy Food Myths

Milk, cheese and yogurt are naturally nutrient-rich foods that provide calcium, potassium, other minerals and vitamins, and protein essential for human growth and development. Research has determined that people that consume dairy foods have better overall diets and better bone health.



Food myths can lead to needless dietary omissions as well as to nutritional deficiencies.

Myth: Flavored milk isn't good for children due to sugar content.

Fact: Flavored milk delivers the same nutrients as regular milk. Small amounts of sugars added to reduced-fat milk may enhance the palatability. It is better for children to drink flavored milk than no milk at all.

Myth: "Raw" milk (unpasteurized) is safer and more natural than pasteurized milk.

Fact: Consuming "raw" milk presents severe food safety risks. Pasteurization kills the bacteria responsible for diseases such as salmonellosis, typhoid fever, tuberculosis, and diphtheria, as well as other bacteria.