



Maintain Don't Gain

Week 2: Holiday Drinking

What's in a Drink?

When you're at a holiday celebration, watch out for calories in the following beverages.

12 ounce can of soda	150 calories
16 ounce punch	200 calories
2 ounces (shot) of liquor	125 calories
5 ounce glass of wine	160 calories
12 ounce bottle of beer	160 calories
8 ounce margarita	240 calories
1 serving eggnog	400 calories

3 Tips on Responsible Drinking

1. Try alternating alcoholic and caffeine-free non-alcoholic drinks throughout the party to cut down on the amount you drink every three hours.
2. Limit how much you drink yourself, so you can keep control of things. Space your drinks at least an hour apart.
3. No matter what, don't drive. Take a taxi or public transportation, walk, or decide who will be the designated driver before the party starts.

Sweet Alternatives

It's best to go with calorie-free water, plain or sparkling. Diet beverages made with artificial sweeteners can help you control your calories at celebrations, although drinking them on a regular basis may not help with long-term weight control.

However, because it is the holiday season, try our **Peppermint Cocoa** or **Low Fat Eggnog**.

Resources: <http://newsinhealth.nih.gov/>, <http://www.webmd.com/>, <http://www.hc-sc.gc.ca/>



Peppermint Cocoa

Chocolate is good for your heart – that is, *dark* chocolate. Just 3 ounces of dark chocolate a day can lower pressure and fight heart disease from its source of antioxidants (Lee, 2003).

Look for cocoa mixes that list dark chocolate as their first ingredient, or simply melt a bar of dark chocolate that contains at least 70% cocoa. To make your hot cocoa even healthier, make it with low-fat milk, which cuts fat and calories.

Ingredients

2 tsp unsweetened dark cocoa powder
1-2 packets of Splenda sweetener (to desired sweetness)
Dash of salt
1 cup skim milk
1/2 tsp vanilla extract
1/2 tsp peppermint extract (optional)

Instructions

Mix cocoa, Splenda, and salt in large mug. Heat milk in microwave for 1-1/2 minutes, until hot. Gradually add hot milk to cocoa mixture in mug, stirring until well blended. Stir in vanilla and peppermint. Yields 1 serving.

Nutritional Information (per serving 8 fl. oz)			
Calories	128	Sugar	1 g
Protein	7.2 g	Cholesterol	4 mg
Carbohydrate	25.2 g	Sodium	72 mg
Total Fat	1.2 g	Calcium	240.4 mg
Saturated Fat	0.2 g	Makes 1 cup	

Resource:
<http://www.webmd.com/>,
<http://calorieking.com/>

Low Fat Eggnog



The key to a healthy eggnog is to use skim or low-fat milk. Of course, there is also the added benefit of calcium without the additional fat and calories. Eggs also provide a good dose of protein and lutein, an antioxidant that has been touted for preventing vision problems.

Ingredients

6 cups 1% milk
 2 eggs, beaten
 2/3 cups sugar
 2-3 tablespoons of brandy, bourbon, or amaretto
 1 tbsp vanilla
 1/2 tsp ground nutmeg
 1/2 cup light whipping cream
 1/4 tsp salt

Instructions

Beat the eggs, sugar, and salt in a bowl. Stir in skim milk. Cook and stir over medium heat until the mixture coats a metal spoon. Remove from heat.
 Stir in alcohol of choice, vanilla, and ground nutmeg. Before serving, beat light whipping cream with a mixer on medium speed until soft peak forms. To serve, put the eggnog into a punch bowl and fold in whipping cream. Serve immediately. Sprinkle each cupful with additional ground nutmeg.

Nutritional Information (per serving 1/2 cup)			
Calories	142	Monounsaturated Fat	1 g
Protein	6 g	Cholesterol	48 mg
Carbohydrate	19 g	Sodium	127 mg
Total Fat	4 g	Fiber	0 mg
Saturated Fat	2 g	Makes 12 servings	

Resource:
<http://www.webmd.com/>,
<http://calorieking.com/>