



MAINTAIN, DON'T GAIN! HOLIDAY DRINKING

WHAT'S IN A DRINK?

When you're celebrating, watch out for calories in the following beverages:



12 oz of soda	150 calories
16 oz of punch	200 calories
2 oz of liquor	125 calories
5 oz of wine	160 calories
12 oz of beer	160 calories
8 oz margarita	240 calories
1 serving of eggnog	400 calories

3 TIPS FOR RESPONSIBLE DRINKING

- 1 Try alternating alcoholic and non-alcoholic (and caffeine-free!) drinks to cut down on the amount you drink.
- 2 Limit how much you drink, so you stay in control. Space your drinks at least an hour apart.
- 3 No matter what, don't drive. Take a taxi, walk, or choose a designated driver, always.



SWEET ALTERNATIVES

The best option is always water. It's hydrating and calorie-free! Add some flavour with berries or citrus slices, or choose sparkling water.

Since it is the holiday season, throwing in a festive drink every now and then is perfectly ok. Try a [Peppermint Cocoa](#) or [Low-Fat Eggnog](#). Read on for the tasty recipes!



MMM... CHOCOLATE

Chocolate is good for your heart – dark chocolate, that is. Just 3 ounces of dark chocolate each day can help lower blood pressure and fight heart disease. It's all thanks to the antioxidants. Hot cocoa is a popular treat during the cooler weather. Look for mixes that list dark chocolate as the first ingredient or simply melt a bar of dark chocolate that contains at least 70% cocoa. Use low-fat milk or a milk alternative to cut down on fat and calories.

PEPPERMINT COCOA

Makes 1 serving

INGREDIENTS

- 1 cup milk or alternative
- 1½ tbsp unsweetened dark cocoa powder
- 1½ - 3 tbsp liquid sweetener (honey or maple syrup)
- ¼ tsp vanilla extract (optional)
- ¼ tsp peppermint extract

In a small bowl, combine the cocoa powder and sweetener and stir until combined. Set aside. Pour milk into a saucepan over medium-low heat. Stir in the chocolate mixture and heat until steaming. Add the vanilla and peppermint extracts and stir. Enjoy!



EGGNOG

The key to healthier eggnog is using low-fat milk. You get the benefit of calcium without the added fat and calories. Eggs also provide a good dose of protein and lutein, an antioxidant touted for preventing vision problems.

LOW-FAT EGGNOG

Makes 6 servings

INGREDIENTS

- 2 cups non-fat milk or alternative
- 2 large strips orange and/or lemon zest
- 1 tbsp vanilla extract
- 2 large eggs plus 1 egg yolk
- 1/3 cup sugar
- 1 tsp cornstarch
- Brandy, rum, or bourbon (optional)
- Freshly grated nutmeg, for garnish

Combine 1½ cups milk, citrus zest, and vanilla in a saucepan. Bring to a simmer over medium heat. Meanwhile, whisk the eggs, sugar, and cornstarch in a medium bowl until light yellow. Gradually pour the hot milk mixture into the egg mixture, whisking constantly, then pour back into the pan. Place over medium heat and stir constantly in a figure-eight motion until the eggnog begins to thicken (about 8 minutes). Remove from heat and immediately stir in the remaining ½ cup of milk. Transfer the eggnog to a large bowl and place over a larger bowl of ice to cool. Chill until ready to serve. Remove the zest. Spike with liquor, if desired, and garnish with nutmeg.



Sources: newsinhealth.nih.gov | webmd.com | www.hc-sc.gc.ca | Images by Freepik.com
happyhealthymama.com/peppermint-hot-cocoa.html#tasty-recipes-14760
www.foodnetwork.com/recipes/food-network-kitchen/low-fat-eggnog-recipe-1973060