



# Family Nutrition In Action

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## Lighten up the Holidays

It's the season for celebrating, visiting with family and friends, and eating! Food is an important part of the season, but many of our holiday favorites are high in fat and calories. This year, make some simple recipe changes for healthier holiday eating.

Instead of . . .	Try . . .
Whole milk	Fat-free or 1% milk
Evaporated milk	Evaporated skim milk
Sweetened condensed milk	Lowfat or fat-free sweetened condensed milk
Sour cream	Plain yogurt or low-fat sour cream
Heavy cream	Evaporated skim milk
Shortening, lard, oil, or butter	Tub margarine (In baked goods, replace half the fat with applesauce.)
Fatback, neck bone, or ham hocks	Skinless chicken thighs
Sugar	Half the amount of sugar
Butter or shortening to grease pans	Non-stick cooking spray
1 cup chocolate chips	½ cup mini chocolate chips
1 square (1 ounce) of chocolate	3 tablespoons cocoa in baked goods

More tips for healthy holidays:

- T Take off poultry skin before eating.
- T Try steaming, baking, roasting, grilling, or microwaving instead of frying.
- T Eat five servings of fruits and vegetables every day.
- T Watch portion sizes!
- T Stay physically active!



## Get the Facts About Folate

Folate, also called folic acid, is a B vitamin important for good health. **Folate** is the form of the vitamin found naturally in food. **Folic acid** is the form added to food or found in supplements. Folate helps the body make red blood cells and DNA.

### Folate and Birth Defects

Folate helps prevent birth defects of the brain and spinal cord, like spina bifida. These birth defects happen very early in pregnancy, usually before a woman knows she's pregnant. That's why it's important that all women who can get pregnant get enough folate every day.

### Folate and Other Diseases

A lack of folate can cause anemia. This is a condition where red blood cells can't carry enough oxygen to the body. A person with anemia feels tired all the time.

Folate may also help prevent heart disease, stroke, and some types of cancer.

### Folate Needs

Life Stage	Micrograms (mcg) each day
Adults 19+	400
Pregnant	600
Breastfeeding	500

### Folate Sources

Good sources of folate or folic acid include oranges, orange juice, leafy green vegetables, cooked dry beans and peas, peanuts, cereal, rice, bread, and pasta.

### Folate Supplements

If you don't get enough folate from food, think about taking a supplement, especially if you are pregnant or could become pregnant. Check with your doctor or pharmacist first, and don't get more than 1000 mcg of folic acid a day.



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## Local Family Nutrition Program:



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