

Healthy ENTERTAINING

Trying to keep our health in mind at social gatherings can be difficult with the amount of higher-fat and higher-calorie food and drink available, and the lack of opportunities to be physically active. For many of us, special occasions like weddings, holiday parties, Superbowl parties, and even the average Saturday night out can be stressful when it comes to resisting the urge to over indulge. If these types of outings only happen every now and then, it's not such a big deal, provided we eat well and are active on a regular basis. The problem arises if these outings, filled with unhealthy choices, happen too often. They can interfere with our good intentions for ourselves and our families.

HEALTHY EATS Providing a selection of unhealthy food and drink is as much a habit of the host who provides them, as it is the habit of the guest who expects them to be there. However, all is not lost. There are simple things a host can do to turn a social gathering into a healthy event – and make it one that guests will talk about and model at future gatherings!

SERVING RESPONSIBLY Ensure that every guest who drinks alcohol has a plan to arrive home safely. Be sure to have a good selection of non-alcoholic cocktails and sugar-free beverages available. You may be surprised to know that alcohol can be loaded with calories, with a regular beer (12 oz.) containing 140 calories, and one glass (5 oz.) of red wine containing 100 calories! Cream-based liquors are also something to limit, as they're packed full of calories from alcohol, sugar, and cream. Surprise your guests with this tasty and healthy alcohol-free “mocktail” recipe.

Smart-ini



2 oz. (60 mL) pineapple juice
2 tsp (5 mL) lime juice
2 oz. (60 mL) cranberry juice

In a cocktail shaker filled with ice, add the pineapple juice, lime juice, and cranberry juice. Shake and strain into a martini glass. Garnish with a cranberry and pineapple skewer. One serving.



HEALTHY HOST FOOD TIPS

- Serve flatbreads, crunchy pita triangles, and breadsticks as an alternative to salty, higher-fat snacks like potato chips. Serve with salsa and hummus. See recipe on the back.
- Set out a tray of fresh fruits, such as tangerines, mango, pomegranate, and kiwi. You'll be surprised how quickly they disappear!
- For potlucks, suggest your guests bring healthier options of their favourite foods. Arrange to send everyone home with an assortment of healthy leftovers.
- Serve an assortment of fresh cut vegetables with lower fat dips.
- Barbeque, grill, or broil meats instead of frying.
- If serving bread or buns, provide higher fibre, whole-grain selections.





ACTIVE ENTERTAINING

According to an Ipsos-Reid survey (2001), Canadians report that the top two things they would like to do during their free time on a weekend is to spend time with friends and family (38%) and be physically active (29%). However, less than half of Canadians (48.4%) aged 12 and older are actually using their leisure time to be active (Canadian Community Health Survey 2007). Why not give your guests a social gathering to remember, where they can have fun and be physically active at the same time?

- Organize a skating party at a local ice rink. If cold weather is a concern, move the party indoors and go bowling or dancing.
- Consider going for a group walk or playing some snow flag football during half time.
- Whatever you choose is up to you and your guests. The key thing is that you put physical activity into your fun.

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- EatRight Ontario (2007). *Alcohol and Nutrition*. Retrieved December 9, 2008 from <http://www.eatrightontario.ca/en/viewdocument.aspx?id=117>
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TIPS FOR PARTY GOERS

Try not to arrive at a social gathering hungry. If you are hungry, you will be more likely to indulge in the higher-fat choices than the healthy items.

- If you can't resist the higher-fat foods, try to watch your portion size. Have a small piece of cake or a few chips, and then fill up on the vegetables and fruit.
- Stop eating before you feel full. You know when you've had enough.



There are many fun, healthy ways to entertain guests and socialize with friends and family. Commit to being a healthy host and encourage your friends and family to do the same. Before long, social gatherings with a focus on fun instead of unhealthy food and drinks will become a habit that everyone enjoys. Cheers!

Black Bean and Corn Salsa

(Makes 4 cups)

Serve this salsa as a dip with baked chips or as a filling for quesadillas or wraps or as a filling for fajitas or tacos.

- 540 mL (1 can) black beans, drained and rinsed
- 250 mL (1 cup) kernel corn
- 1 avocado, diced
- 1 large tomato, finely chopped
- 75 mL (1/3 cup) finely chopped red onion
- 75 mL (1/3 cup) chopped fresh coriander
- 50 mL (1/4 cup) fresh lime or lemon juice
- 15 mL (1 tbs) olive oil
- 15 mL (1 tbs) seeded, minced jalapeno pepper
- 2 mL (1/2 tsp) salt

In a bowl, combine beans, corn, avocado, tomato, onion, and coriander. Sprinkle with lime juice, oil, jalapeno pepper, and salt; toss lightly. Cover and refrigerate up to 4 hours.

Calories 66 Fat 3 g Saturated fat: trace Fibre 3 g Protein 2 g

Source: The new lighthearted cookbook: Recipes for heart healthy cooking.

