



*Events this Week*

**WORKSHOPS**

**Wed., December 6:  
Quick and Healthy  
Dinners Quick Tips  
Display**  
11:30am – 1:00pm  
Cafeteria

To purchase a pedometer, visit the Step Ahead office at S7-746.

**Step Ahead can come to you! Contact us to schedule a workshop for your group. Call us at 508/856-2319 or 800/522-4617, or email at info@stepaheadprogram.com.**

## Healthier Baking

Sweet holiday delights are part of many family traditions. Holiday treats can fit into a healthy eating by eating smaller portions, and adjusting recipes. Step Ahead has gathered a variety of holiday cookie, cake and goodie recipes for you to enjoy the sweetness of the season but with less saturated fat and calories. They also add oats, whole wheat flour, nuts and seeds for added nutrition and

flavor. Some recipes may be new to you and others may be healthier takes on traditional favorites. Stop by our Information Center to pick up a copy.

Use the table below to add a healthy twist to some of your own holiday baking favorites.

Experiment, and enjoy!

<i>Instead of:</i>	<i>Try:</i>	<i>Instead of:</i>	<i>Try:</i>
Butter	Trans fat free spread such as Promise Buttery Spread, or Smart Balance	Frosting	Sliced fresh fruit with a dusting of powdered sugar
1 egg	2 egg whites or ¼ cup egg substitute	Sour cream	Nonfat or low fat sour cream or lowfat or fat-free yogurt
Sweetened condensed milk	Nonfat or fat-free sweetened condensed milk	Whole milk	1% or nonfat milk
Evaporated milk	Evaporated skim milk	Half-and-half or cream	Fat-free half-and-half or evaporated skim milk
1 cup chocolate chips	½ cup mini chocolate chips – all the chocolate flavor but ½ the calories and saturated fat	Flour	Substituting whole wheat flour for part of the white flour
		Sugar	Using ¼ to ½ less sugar in the recipe, or Splenda.

## Recipe of the Week

### Fat Free Festive Eggnog

Serves 4 (3/4 cup per serving)

Want to enjoy one of the great sweet treats of the season without feeling guilty? This fat free eggnog has 0 grams of total fat and saturated fat and 141 calories- traditional eggnog has over 11grams of total fat, 6.6 grams of saturated fat and 180 calories!

- ¼ cup egg substitute
- 1 cup skim milk
- 1 cup evaporated skim milk
- ¾ cup vanilla fat-free frozen yogurt
- 1-2 tablespoons sugar
- ½ teaspoon rum extract\*
- ½ teaspoon brandy extract\*
- Nutmeg

\*if rum and brandy extract are not available, replace with 1 teaspoon of vanilla

- In a blender, combine all ingredients and process until smooth. Sprinkle with nutmeg.

### Nutritional Information for Fat Free Eggnog (per one ¾ cup):

Calories: 141                      Carbohydrate: 24.2g  
Total Fat: 0g                      Dietary Fiber: 0.2  
Saturated Fat: 0g                Protein: 10.1g

### Nutritional Information for Traditional Eggnog (per one ¾ cup):

Calories: 180                      Carbohydrate: 8.1g  
Total Fat: 11.5g                Dietary Fiber: 0g  
Saturated Fat: 6.6g            Protein: 3.2g

## Tip of the Week

Try not to nibble during meal prep. Sip on water or munch on carrots to avoid added calories.

To learn more about Step Ahead visit [www.stepaheadprogram.com](http://www.stepaheadprogram.com)