**Decadent December Eggnog**

Bring this yummy eggnog to your favorite holiday functions, but keep to yourself the fact that it is only decadent in taste and not in calories!

1 cup fat-free half and half cream  
1/3 cup granulated sugar  
12 ounce can evaporated milk  
4 ounces frozen egg substitute*  
1 tsp vanilla flavouring  
½ cup rum or 1-2 tsp rum extract  
Nutmeg to taste

Pour fat free half and half cream into medium saucepan. Add granulated sugar and stir until the sugar dissolves. Add the evaporated milk and stir. Add the frozen egg mixture (see hint below).* Cook and stir the mixture over medium heat until mixture is thickened (about 10 minutes) but do not allow mixture to boil. Add vanilla and stir well. Remove mixture from the heat and place saucepan on ice. Continue stirring for about 2 minutes. Stir in rum or rum extract. When ready to serve, sprinkle with nutmeg.

Each serving (1 cup) contains only 120 calories and 1 g of fat. Adapted from “Never Diet Again” Cookbook.

*hint: For best results, allow egg substitute to thaw in the fridge instead of the microwave. This keeps the mixture from clumping

---

**TIPS FOR MAINTAINING A HEALTHY EATING PLAN OVER THE HOLIDAYS!!!**

1. Before your next Christmas party, remember to eat a small meal or snack before you arrive. This will prevent over-eating of your favorite treats.
2. When choosing decadent goodies, try smaller portions and try only a few favorites.
3. Choose options that contain more fruits & veggies.
4. Monitor your fluid intake. A lot of extra calories can be added to your evening by consuming decadent drinks. Set a limit and use water or “diet soda” as a substitute.
5. After filling your plate, leave the food area to avoid the temptation of adding more to your plate.
7. Make your contribution a lower-calorie option.
**FOR ALL YOUR HOLIDAY BAKING, TRY THESE SUBSTITUTIONS:**

<table>
<thead>
<tr>
<th>ORIGINAL</th>
<th>SUBSTITUTION</th>
</tr>
</thead>
<tbody>
<tr>
<td>BUTTER</td>
<td>Light varieties, margarine, low fat cream cheese</td>
</tr>
<tr>
<td>EGGS</td>
<td>2 Egg whites, egg substitute</td>
</tr>
<tr>
<td>CHOCOLATE CHIPS</td>
<td>Try fewer of them, use mini chips, crispy cereal, replace with dried fruit</td>
</tr>
<tr>
<td>NUTS</td>
<td>Replace with dried fruit, toast and use fewer</td>
</tr>
<tr>
<td>WHOLE MILK</td>
<td>1% or skim milk, evaporated milk, buttermilk</td>
</tr>
<tr>
<td>SOUR CREAM</td>
<td>Light varieties, plain yogurt</td>
</tr>
</tbody>
</table>

---

**TIPS FOR MAKING YOUR FAVORITE HOLIDAY TREATS HEALTHIER:**

1. Try only 1 substitution at a time.
2. When chips are required for dips, think “baked” varieties.
3. When breads, pastas, or rices are needed, choose those that are higher in fibre. For example, multi-grain baguettes, whole wheat pastas and wild grain rice.
4. For meat dishes, use leaner cuts. For example, use ground turkey or chicken instead of ground beef and use skinless chicken breasts.
5. Try making your meat dishes, meat-less. Beans, of all varieties can be added to chilies and dips easily.
6. Add a variety of vegetables to your favorite dishes.
7. Use lower-calorie options in your favorite dishes. See substitutions below.
8. Provide lower-calorie drink options. For example, lower-calorie eggnogs, punches and sodas, supply fruit juices and water.

---

**Season’s Greetings**

Wishing you and your family a safe, happy and healthy Holiday season and a Joyful New year!

From
Heidi Smith, RD
Jen Sygo, MSc
Stephanie Cahill, RD
Cheryl Collier, BSc
Danielle Battram, MSc