

# WELLNESS



UNIVERSITY OF ILLINOIS  
EXTENSION

College of Agricultural, Consumer and Environmental Sciences

# WAYS



*Ideas For Eating Better For Less . . . .*

## Healthful "Comfort Foods"

**Foods that make us feel good are called "comfort foods".**

- Enjoy foods that comfort you (ice cream, mashed potatoes, cookies, and hot chocolate) **but** eat small amounts.
- Avoid eating food to ease anger, depression or loneliness.  
Try physical activity as a way to lift your spirits.
- Try making your comfort foods more healthful:
  - Choose low fat ice cream and top with whole grain cereal or fruit.
  - Make mashed potatoes with skim milk and top with nonfat sour cream and shredded vegetables.
  - Make hot cocoa with skim milk.
  - Spread peanut butter on whole grain bread.



**Hot Cocoa Mix** Makes about 14 cups of hot cocoa.

1 cup nondairy creamer                      1/2 cup unsweetened cocoa  
1 cup nonfat dry milk                        1 cup sugar

1. Mix ingredients and store in airtight container.
2. Spoon 3 heaping tablespoons Hot Cocoa mix into mug.
3. Add 3/4 cup boiling water. Stir.



### **Variations:**

- ◆ **Raspberry** - add 1 teaspoon unsweetened raspberry drink mix
- ◆ **Mocha** - add 1/4 cup instant coffee
- ◆ **Mexican** - add 1 teaspoon ground cinnamon
- ◆ **Sugar-free** - substitute 15 envelopes aspartame sugar substitute for 1 cup sugar

NUTRITION FACTS (per tablespoon) - Calories 30 ~ fat 0.5 g ~ calories from fat 5 ~ sodium 5 mg ~ total carbohydrate 5 g ~ fiber 0 g

**Gorp** Serves 20.

Ingredient suggestions\*:

**Two cereals** (3 cups each), rice, corn or wheat cereals

**One salty food** (1/2 cup), nuts, pretzels, small bite-size crackers, corn chips

**One sweet food** (1 cup), chocolate chips, coconut

**One dried fruit** (1/2 cup), raisins, chopped figs or dates

To make Gorp, mix chosen ingredients together in a large mixing bowl. Store in airtight container.

*\*Young children can choke on small, hard foods so do not feed to children under 4 years of age.*

## Healthful Tips for Holiday Eating

- **Set realistic goals.** Don't try to lose weight, plan to maintain your weight first.
- **Keep portion sizes reasonable.** Eat small portions especially when food is high in calories.
- **Don't skip meals.** Skipping meals in order to save calories for your holiday meals makes you hungry and overeat.
- **Balance your food choices.** Eat your favorite high calorie foods but plan to balance that with low fat, low calorie foods the next meal.



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