



Article Side

How to Make Healthy Holiday Meals by [Robert Vadra](#)

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The holidays are less than a month away, and we all know what that means – holiday meals. On average, people can gain anywhere between 1 and 7 pounds over the season thanks to office parties, family meals, and get-togethers. All the cookies, cakes and eggnog can really add up on the scale.

At Omni Surgery Centre in Regina, Saskatchewan we help our local communities, including Saskatoon, achieve effective weight loss results with our minimally-invasive lap band surgery. Unlike a bypass surgery, stomach banding can be accomplished via a laparoscopic procedure, and patients can usually leave our centre on the same day.

One of the largest bariatric clinics in Canada, we employ highly-experienced lap band surgeons in order to deliver effective results both comfortably and with the attention to detail you expect. We also have a staff of nutritionists to help our post-weight reduction surgery patients adjust their lifestyles to eat healthier and truly change their lives in terms of diet and fitness.

At the core of our nutritional program is the philosophy to eat less, more. Three ample meals, accompanied with snacks throughout the day, comprised of highly-nutritious foods and minimal “empty calories”. Unfortunately, holiday foods can make it hard to stick a healthy eating routine.

To combat holiday weight-gain Omni Surgery Centre has put together a few ways to improve your favorite side dishes by cutting empty calories and increasing nutritional value.

1. The Mash. Instead of mashing the same old white potatoes that you do every year, try using sweet potatoes or even cauliflower for lower calories and higher nutrients. Also, skip the high-fat milk and butter and opt for skim milk and fat-free sour cream. And a pinch of salt is okay, but why not experiment with other seasonings to make the dish your own?
2. The Stuffing. Possibly the worst offender of holiday foods, you can try to lighten your stuffing with these suggestions. Use fewer breadcrumbs by replacing them with chopped vegetables to increase the stuffing’s nutritional value. Instead of using a stock reduction, go for low-fat vegetable or chicken broth. For flavor, nix the salt and butter and opt for your own mixture of dried fruits.
3. The Vegetables. You might think there’s nothing that could go wrong with vegetables, but are you using butter when you prepare broccoli? Try using herbs, spices or olive oil instead of dairy when you’re cooking vegetables. Lastly, switch up the ordinary peas and corn with different nutritious and flavorful vegetables like zucchini, peppers or eggplant.

Now you’re ready to have a holiday meal loaded with nutritious side dishes that won’t leave you with any guilt.

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The Omni Surgery Centre is dedicated to helping the people of Regina and Saskatoon, Saskatchewan live healthy lifestyles without invasive bypass procedures. Visit our website at

<http://www.omnilapband.ca> to learn more about our a [Laparoscopic](#) a [weight loss surgery](#) and meet our team of experienced lap band surgeries. You can also connect with us on Facebook at <http://www.facebook.com/pages/Omni-Surgery-Centre/232932383426474?skinfo> and Twitter [@OMNIRegina](#) to be a part of our "weight loss Regina" community.

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