



Healthier Holidays

The Winter Holidays are upon us bringing many opportunities for “poor choices” when it comes to food. But, you CAN enjoy your holiday favorites – moderation and a little planning will be keys to your success. AND let us not forget the importance of food safety. Here are some tips for making holiday meals healthier and keeping them safe. Enjoy!



FAT AND CALORIE SAVER GUIDE

When baking, save fat and calories with a few key items.

Instead of	Try	Save g fat	Save Calories
Butter or margarine(1 Tbsp)	Applesauce (1 Tbsp)	11	50
Cream cheese (1 Tbsp)	Nonfat cream cheese (1Tbsp)	5	37
Whole egg (1)	Egg whites, egg substitute (1/4 cup)	6	54
Heavy cream (1 Tbsp)	Evaporated skim milk (1 Tbsp)	5	39
Milk (whole) (1 cup)	Fat free skim milk (1 cup)	8	52
Ricotta (whole) (2 Tbsp)	Nonfat skim ricotta (2 Tbsp)	5	40
Sour cream (2 Tbsp)	Nonfat sour cream or yogurt (2 Tbsp)	5	45
Vegetable oil (2 Tbsp)	Applesauce (2 Tbsp)	28	228



FOR HEALTHIER HOLIDAY RECIPES

MAKE A BETTER STUFFING:

- Prepare your favorite stuffing recipe or boxed stuffing mix according to directions except omit butter and/or margarine.
- Add 1 cup each of sautéed apples, onions, celery
- Add 3 cups cooked brown rice and a cup of broth
 - Bake and enjoy!
 - Check out the results: For every half cup of stuffing, you save 86 calories, 4 g fat and 468 mg of sodium compared to most recipes.



MASH POTATOES FOR YOUR HEART:

- Use trans-fat free margarine instead of butter; cut amount in half.
- Use skim milk.
- Season with garlic powder and black pepper to taste.
- Add chopped fresh herbs, a little bit of Parmesan cheese or fresh cracked black pepper for more flavor.
- Use paprika on top for more color, too.



Here are easy ways to lower calories, fat, saturated fat and sodium from baking recipes:

1. Use applesauce in place of half or more of the fat in baked goods like muffins and quick breads. Use tub margarine in place of butter or stick margarine.
2. Eliminate salt.
3. Substitute 1/4 cup egg whites or nonfat egg substitute for each whole egg.
4. Use skim milk in place of whole milk.
5. Use just one pie crust on the top.
6. Eliminate frosting or use sparingly.
7. Bake smaller batches.
8. Cut smaller pieces and make smaller cookies.



Source: *Communicating Food for Health*



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