



‘Go Healthier’ Tips for the Holiday Season

Consider the following healthy holiday substitutions that work well in most recipes:

- Garlic powder in place of salt - look for garlic powder versus garlic salt for a lower sodium option.
- Try your own homemade salad dressing by mixing vinegar or lemon juice and oil in a 2:1 ratio and flavoring with spices such as rosemary, thyme, oregano, and pepper.
- Whole wheat flour versus white flour works well in all recipes - whole wheat provides more fiber, which aids in digestion and can even lower the risk of diabetes and heart disease.



- Brown rice in place of white rice - or even consider wild rice - for flavor and fiber.
- Mashed cauliflower versus potatoes - add some fresh herbs in place of the salt, and it's a much healthier stand-in.
- Greek yogurt in place of sour cream - gives a protein boost too.
- Ground turkey or ground chicken in place of ground beef.

- Unsweetened applesauce instead of sugar - use equal amounts.
- Try cinnamon in your morning mug of coffee for a new flavor.
- Avocado puree or mashed bananas in place of butter in baking.
- Olive oil for butter- lower in saturated fat.

- Sauté foods in vegetable broth versus chicken broth or oil for lower fat and salt.
- Corn tortillas in place of flour for the gluten free option.
- Vegetables and dip versus chips and dip (see recipe next page).
- Seltzer water with fruit in place of alcohol.



Healthy Holiday Appetizers

Get creative - the season's fresh fruits and vegetables give us great colors to work with!



Ingredients:

Fresh fruit and vegetables (broccoli, cauliflower, tomatoes, star fruit)

Arrange on a platter in the shape of a Christmas tree, holiday wreath or try your own creativity using fresh fruits and vegetables in holiday arrangements. It's not only festive - but healthy!

