

Healthy Holiday Swaps

There is a way to enjoy the flavors of the holiday season and maintain a balanced diet

According to the Calorie Council the average American eats **4,500 calories** and **229 grams of fat** during Thanksgiving.

Halloween candy, Thanksgiving feasts, and holiday parties can test even the most disciplined of eaters. Whether you spend your time on the road visiting family and friends or cozy at home it is important consider how much we eat during this time.

The average American is said to gain 1-2 pounds during the holiday season. That 1-2 pounds may not mean much, but year after year it can add up!

How can we manage the holiday treats?

Tip 1: Never go to a party starving. Having a healthy snack such as yogurt with berries or hummus and vegetables before you leave can save you from being ravenous at the party.

Tip 2: Survey the options and choose wisely. Try to fill your plate with vegetables based choices and choose 1-2 “indulgences” that you want to try!.

Tip 3: Make a healthy swap in a recipe. Use the tips below to swap out recipe ingredients for those that are lower in calories, sodium, and saturated fats!

ONE WHOLE EGG
2 egg whites – saves you 36 calories

SOUR CREAM
Greek yogurt – saves 55 calories per ¼ cup.

MILK
Skim or 1% milk – saves up to 56 calories in 8 fl. Oz.

BUTTERMILK
A 1:1 swap of buttermilk for lowfat plain yogurt minimizes the fat and sodium.

CHOCOLATE CHIPS
Cacao Nibs – Your cookies will now have an abundance of anti-oxidants or try dark chocolate chips (70% cacao) these can be found in the baking aisle at the grocery store.

PASTA Whole wheat pasta – higher fiber and as many as 50 fewer calories per serving. Studies show that reheated pasta is better for you. Cooled pasta has just as many calories as freshly cooked pasta. Starches become more resistant, which means lower levels of glucose, which keeps blood sugar in check.

HEAVY CREAM
Use coconut milk as a substitute for heavy cream in soups and stews. Same texture and taste ½ the calories.

SALT TO TASTE
Squeeze a little bit of lemon or lime – brings out the flavor without adding the sodium.

OIL IN CAKES
Unsweetened applesauce 1:1 ratio – if your recipe calls for 1 cup of vegetable oil substitute it with 1 cup of applesauce. Vegetable oil contains 480 calories and 56 grams of fat in ¼ cup. The same amount of applesauce contains 25 calories and 0 grams of fat.

Save some calories with these healthy recipe swaps!

HAPPY THANKSGIVING