



Healthy Substitutes for High-Calorie Holiday Foods



Chestnuts

Pumpkin pie

Banana bread

Hot-spiced cider

White or dark turkey meat, no skin

Veggies seasoned with herbs and spices

Whole wheat or pumpernickel bread

Pretzels, popcorn, fresh veggies with fat free dressings

Lean sliced meats served with meat juice and with fat removed

Angel food cake

Low or non-fat pastries, cookies, or hard candies



More Healthy Tips

- Cook side dishes that include whole grains, like brown rice, or vegetables to add fiber.
- Serve whole-grain crackers with reduced fat cheeses or lowfat dips.
- Set out a plate of raw veggies with lowfat dip or dressing.
- Serve whole grain breads or muffins.
- Make fruit-based desserts.