

# Holiday Food Swap: Healthier Seasonal Choices

Holiday foods can be rich in sugar, fat and carbs. This year, make some easy substitutions to give your family a holiday treat that's both delicious and healthy.

**THIS**



**NOT THIS**



## Cut the Carbs

**Holiday Classic:** Mashed Potatoes

This side dish may be loaded with flavor, but it's also loaded with carbohydrates.

**Seasonal Substitution:** Mashed Cauliflower

Mashed cauliflower is just as tasty, but with fewer carbs. You can even top it with chives for some extra zest.

**Holiday Classic:** Stuffing with Bread

Traditional stuffing is made with croutons or cubed bread—lots and lots of it. And whether you go with white or wheat, you'll be making a dish full of carbs.

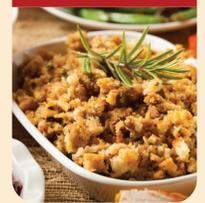
**Seasonal Substitution:** Stuffing with Vegetables

Swapping out the bread cubes for diced veggies like red onion, yellow squash and green celery will make a colorful, low-carb alternative for your table.

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## Forgo the Fat

**Holiday Classic:** Cake

Whether it's a pound cake, chocolate cake or yellow cake, many holiday cakes are filled with eggs and butter—two high-fat ingredients.

**Seasonal Substitution:** Angel Food Cake

With no butter and only egg whites instead of whole eggs, angel food cake is a lighter, lower-fat option.

## Swap the Sugar

**Holiday Classic:** Brownies

These sweet, chocolaty treats are a staple of dessert tables everywhere. But some common recipes are loaded with sugar.

**Seasonal Substitution:** Dark Chocolate

If you still need to satisfy your cocoa craving, try a square of dark chocolate (70 percent cocoa). It has much less sugar than milk chocolate and baked goods.

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**Holiday Classic:** Cranberry Sauce

Cranberry sauce is as simple as it is sweet. All you have to do is mix together cranberries, an orange—and lots of sugar.

**Seasonal Substitution:** Cranberry Chutney

Cranberry chutney uses half the sugar of a traditional sauce, but packs in the flavor with a variety of fruits, vegetables and nuts.