

Healthful Holiday Food Choices

Don't stress over holiday food. Here are a few suggestions to help you stay on track with your health/wellness plan. Being prepared can help you turn holiday diet disasters into healthy holiday traditions.

Traditional	Better	Even Better
Duck/goose	Eye of round or top round roast	Skinless turkey
Ham	Beef tenderloin	Baked salmon
Cornbread stuffing w/gravy	Cornbread w/butter	Dinner roll w/olive oil
Mashed potatoes w/gravy	Roasted new potatoes	Baked yams
Green bean casserole	Green beans w/almonds	Roasted green beans w/lemon
Creamed corn	Corn on cob w/butter	Steamed corn
Green salad w/croutons & dressing	Green salad w/olive oil/vinegar	Green salad, orange slices & dried cherries or cranberries
Canned jellied cranberry sauce	Unsweetened jellied cranberry sauce	Unsweetened cran-apple sauce
Pecan pie	Apple pie	Pumpkin pudding
Fruit cake	Chocolate fondue w/fruit	1 oz. dark chocolate
Sugar cookie w/frosting	Oatmeal cookie	Oatmeal cookie w/nuts & raisins
Salted mixed nuts	Salted peanuts	Unsalted walnuts or almonds
Egg nog	Beer or stout	Red wine
Fruit punch	Iced/hot herbal tea	Sparkling water w/ no sugar added juice

