



# Healthy Holiday Food Swaps!

- 1. Instead of CANDIED YAMS, make ROASTED SWEET POTATOES** Roasting in the oven with just a bit of olive oil and sea salt cuts the sugar and fat without sacrificing flavor.
- 2. Instead of drinking WINE, have a WINE SPRITZER** Replace 2oz of wine with club soda to reduce your caloric intake and sugar consumption without having to give up the cocktail.
- 3. Instead of EGGNOG, enjoy WARM CIDER** Eggnog is just about the worst thing you can have; it packs more fat and calories per sip than any other food/drink out there. Instead, warm up some apple cider in a small cup, throw in a cinnamon stick and enjoy.
- 4. Instead of GREEN BEAN CASSEROLE, add some FRESH GREEN BEANS to your plate** Eating veggies is awesome, but dousing them in creamy sauce and putting fried onion bits on top defeats the purpose! Par-boil some green beans, and toss them in a little olive oil, sea salt and rosemary. Go for spices to add taste, not heavy creamy sauces
- 5. Instead of CHIPS & DIPS, feast on VEGGIES & GUACAMOLE** 2 Tbsp of this healthy dip will bring you protein, healthy fats, and less of the stuff you don't need. Raw veggies are the best possible things to snack on, so eat those 'til your heart's content!