



7 HEALTHY HOLIDAY FOOD SWAPS

We've put together a list of smart holiday food swaps to help you enjoy the holidays and stay on track with a healthy and balanced diet.

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Instead of mashed potatoes try mashed cauliflower

Mashed potatoes can be high in calories, saturated fat and sodium. Mashed cauliflower looks the same, but it's significantly lower in calories and higher in vitamin C.



Instead of extra stuffing try extra turkey

Try stacking your sandwich fixings between red bell pepper halves or wrapping them in lettuce. For something heartier, try slices of baked sweet potato in place of your bread.



Instead of pecan pie try pumpkin pie

In addition to being lower in calories, saturated fat and added sugars, pumpkin pie is rich in vitamin A, making it a more nutritious option.



Instead of eggnog try spiced apple cider

Eggnog can be full of added sugars from corn syrup, stabilizers, artificial flavors and colors. A glass of apple cider will save you 340 calories, 14 grams of sugar and 16 grams of saturated fat.



Instead of veggie casserole try roasted veggies

Casseroles are often loaded with heavy cream and salt. Opt for roasted vegetables, which are significantly lower in calories, sodium and saturated fat.



Instead of candied nuts try roasted unsalted nuts

A handful of roasted, unsalted nuts are free of added sugars and balanced in fiber, protein and healthy fats, so you will be less likely to overdo it.



Instead of baked apple pie try a baked apple

A whole baked apple with cinnamon contains one-third the calories in a slice of apple pie. The apple skin is rich fiber and antioxidants. Go à la mode with a dollop of coconut or vanilla-flavored yogurt instead of ice cream.

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