

How to eat healthier during the Holidays.....or any time !

Sure, you stock healthy foods in your pantry, but what do you do with them? And how do you modify favorite family recipes so that they're more in line with your healthy-eating plan? It's not as hard as you may think. The key is to incorporate healthier alternatives into your daily eating routine.

Make the switch for healthier recipes.

To reduce Fat and Cholesterol

If your recipe calls for:

Try substituting:

Bacon	Canadian bacon, turkey bacon, smoked turkey or lean prosciutto
Butter, margarine, shortening or oil in baked goods	Applesauce or prune puree for half of the called-for butter, shortening, or oil. Note: To avoid dense, soggy or flat baked goods, do not substitute oil for butter or shortening, and don't use diet, whipped or tub margarine for regular margarine
Butter, margarine, shortening or oil to prevent sticking	Cooking spray or use nonstick pans
Creamed Soups	Fat-free milk-based soups, mashed potato flakes, or pureed carrots, potatoes, or tofu for thickening agents
Eggs	Two egg whites or 1/4 cup egg substitute for each whole egg
Evaporated milk	Evaporated skim milk
Regular cream cheese	Fat-free or low-fat cream cheese, Neufchatel or low-fat cottage cheese pureed until smooth.
Regular sour cream	Fat-free plain yogurt, or fat-free or low-fat sour cream.
Ground beef	Extra-lean or lean ground beef, chicken or turkey
Mayonnaise	Reduced-calorie mayonnaise-type salad dressing or reduced-calorie, reduced-fat mayonnaise
Oil-based marinades	Wine, balsamic vinegar, fruit juice or fat-free broth
Salad dressing	Fat-free or reduced-calorie dressing or flavored vinegars

To reduce the amount of Sodium

If your recipe calls for:

Try Substituting:

Seasoning salt, such as onion salt, garlic salt, celery salt	Herb-only seasonings, such as garlic powder, celery seed or onion flakes, or use finely chopped garlic, onion or celery.
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Soups, sauces, dressings, crackers,
or canned meat, fish or veggies.

Low sodium or reduced-sodium versions

Soy sauce

Use sweet-and-sour sauce, hot mustard sauce or low-sodium soy
sauce

Table salt

Use herbs, spices, fruit juices or salt-free seasoning mixes or herb
blends.

To reduce the amount of Sugar

If your recipe calls for:

Try Substituting:

Fruit canned in heavy syrup

Use Fruit canned in its own juices or in water, or use fresh fruit

Fruit-flavored yogurt

Plain yogurt with fresh fruit slices

Syrup

Pureed fruit, such as applesauce, or low-calorie, sugar-free syrup

Other Nutrients:

If your recipe calls for:

Try Substituting:

All-purpose (plain) flour

Use Whole-wheat flour for half of the called-for all-purpose
flour.

Dry Bread Crumbs

Rolled oats or crushed bran cereal

Enriched pasta

Whole-wheat pasta

Iceberg lettuce

Arugula, chicory, collard greens, dandelion greens, kale, mustard
greens, spinach or watercress.

Meat as the main ingredient

Use 3 times as many vegetables as the meat on pizzas or in
casseroles, soups and stews

White Bread

Whole-wheat bread

White rice

Brown rice, wild rice, bulgur or pearl barley