

Trim the Treats!

The holidays come upon us fast, and so can holiday weight gain... if you're not careful. Below are some simple swaps to prevent "a little round belly that shakes when you laugh like a bowl full of jelly."

1. Serve veggies and dip for appetizers.

Pepper strips, grape tomatoes, and cucumbers look beautiful when arranged around a bowl of hummus or dip.

2. Swap plain Greek yogurt for sour cream in your favorite dips. Your guests likely won't notice the change and they'll get a nice dose of protein and calcium.

3. Sauté onions and garlic for stuffing in non-stick spray or low sodium broth in place of oil, butter, or margarine.

4. Try mashed sweet potatoes with orange juice, ginger, and cinnamon in place of marshmallows, brown sugar, and butter.

5. Use 1% or 2% milk in mashed potatoes in place of whole milk or heavy cream. This cuts calories and fat from the dish.

6. Keep seltzer water on hand for "mocktails". Pour over ice and add a twist of lime. Voila! No hangover.

7. Use whipped butter or light margarine in place of stick butter. This reduces fat and calories.

8. Use reduced-fat mayonnaise in place of full-fat mayonnaise in dips and dressings. Olive oil varieties provide heart-healthy monounsaturated fat.



9. Try a salad dressing spritzer in place of bottled dressings. Blend olive oil, balsamic vinegar, and dijon mustard together for your own dressing.

10. Substitute jarred baby prunes, mashed bananas, applesauce, or plain yogurt for the fat in baked goods (such as quick breads).

11. Split desserts with your spouse, a friend, or other party guests. You may not be hungry for a full piece of pie, anyway.

12. Chop vegetables and add them to soups, stews, salads, and casseroles. This boosts the fiber and nutrient content, and also adds color to your dish.

13. Add seasonal fruit such as apples, pears, or pomegranates to salads in place of dried fruit. This adds texture and taste to your salad while reducing added sugar.

By Lisa C. Andrews, MEd, RD, LD

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