

heart smart substitutions for **holiday eating**

The winter season is chock full of delicious dishes and treats, but no one likes the extra calories and added pounds that can come with the seasonal food.



baking

- Instead of butter, substitute equal parts cinnamon, no sugar added applesauce.
- Use lower-calorie sugars.
- Substitute low-fat/skim milk instead of whole/heavy cream.
- Instead of using only white flour, use 1/2 white & 1/2 whole-wheat flour.
- Instead of adding chocolate chips or candies, use dried fruit like cranberries.
- Use extracts like vanilla, almond & peppermint to add flavor, instead of sugar or butter.

cooking

- Use olive oil instead of butter.
- Use whole-grain breads & pastas instead of white.
- Bake, grill or steam vegetables instead of frying.
- Instead of whole milk or heavy cream, substitute low-fat or fat-free milk.
- Compare labels of your holiday ingredients, choose those with lower sodium.



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TRY THESE SUBSTITUTES!
Make your traditions healthy.

beverages

- Instead of alcohol in mixed drinks, use club soda.
- Mix 100% juice with water or freshly squeezed juice, like lime to mixed drinks.
- Instead of using heavy cream/whole milk in dairy-based drinks, use low-fat/skim milk.
- Use spices & fruit, like cinnamon, cloves & cranberries to sweeten cider.



**happy and
healthy
holidays!**