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.

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.

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.

happy and healthy holidays!