



## Healthy Holidays

### FOOD SWAPS

#### Naughty Or Nice?



Whether your preference is sweet or savory, remember that tasty holiday treats can be healthy, too! Simply swapping out certain ingredients can cut calories, fat, and sodium, helping you become mindful of your diet and exercise routine this holiday season.

Sweetened beverages  
can hide more than



1/2 of your  
daily calories.



## Healthy Holiday Swaps

**Instead of butter**, substitute equal parts cinnamon-flavored, no-sugar-added applesauce.

**Instead of sugar**, use a lower-calorie sugar substitute.

**Instead of whole or heavy cream**, substitute low-fat or skim milk.

**Instead of using only white flour**, use half white and half whole-wheat flour.

**Instead of adding chocolate chips or candies**, use dried fruit, like cranberries or cherries.

**Use extracts** like vanilla, almond and peppermint to add flavor, instead of sugar or butter.

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