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Healthy for Good™

HOLIDAY HEALTHY EATING

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HOLIDAY HEALTHY EATING

The holidays are all about family, fun and food! This guide offers great tips and recipes to help you celebrate the season without putting your healthy habits on hold.

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Be at your peak this holiday season by eating smart and moving more!

HEALTHY EATING

Here are some simple ways you and your family can eat healthy. Learn more at heart.org/healthyforgood.

INCLUDE

- Fruits and vegetables
- Whole grains
- Beans and legumes
- Nuts and seeds
- Fish, skinless poultry, and plant-based alternatives
- Fat-free and low-fat dairy products
- Healthier fats and nontropical oils

LIMIT

- Sodium and salty or highly processed foods
- Saturated fat
- Sweets and added sugars, including sugar-sweetened beverages
- Fatty or processed meats — if you choose to eat red meat, select the leanest cuts

AVOID

- Trans fats, partially hydrogenated oils and excessive calories

TIPS

- **Choose wisely, even with healthier foods.** Ingredients and nutrient content can vary by brand and preparation.
- **Compare nutrition information** on package labels and select products with the lowest amounts of sodium, added sugars, saturated fat and trans fat, and no partially hydrogenated oils.
- **Watch your calorie intake.** To maintain weight, consume only as many calories as you use up through physical activity. If you want to lose weight, consume fewer calories or burn more calories.
- **Eat reasonable portions.** Often this is less than you are served.
- **Eat a variety of foods** to get all the nutrients your body needs.
- **Prepare and eat healthier meals at home.** You'll have more control over ingredients.
- **Look for the Heart-Check mark** to easily identify foods that can be part of an overall healthy diet. Learn more at heartcheck.org.

BE SMART ABOUT BEVERAGES

The holidays are chock full of delicious dishes, but they can come with extra calories and unwanted ingredients. Try these tips to enjoy your favorite winter beverages.

EGGNOG

- **Mix it up.** Fill your glass with half- to three-quarter-parts of low-fat or skim milk and one part eggnog. You'll still get the flavor without all the calories.
- **Act like a kid.** Take out the alcohol. This simple step will reduce the caloric content.
- **Cut the fluff.** Pass on that big dollop of whipped cream to avoid the extra sugar and saturated fat.
- **Find an alternative.** Try a low-fat or non-dairy version.

HOT CHOCOLATE

- **Lighten up.** Try hot chocolate made with low-fat or skim milk, and without whipped cream.
- **Do some research.** With instant hot chocolate, look for products marked "low-fat/fat-free" and use low-fat or nonfat milk or hot water. Choose options with less added sugars.
- **Go easy on the toppings.** Use mini-marshmallows instead of large ones. Use low-fat whipped cream, or stick to less than one tablespoon. Try lighter toppings like grated cinnamon or nutmeg.

APPLE CIDER

- **Read the labels.** When buying cider, check the added sugar content, which can increase your calorie intake and cause weight gain. Choose options with less sugar.
- **Do it yourself.** When making cider at home, use unsweetened apple juice and a variety of spices (like cinnamon sticks, cloves, nutmeg and whole cranberries). You'll keep the flavor while cutting calories.

COCKTAILS AND OTHER ALCOHOLIC BEVERAGES

- **Enjoy mocktails.** Serve non-alcoholic versions of your favorite cocktails to lower the calories. Be sure to check the nutrition label, because sometimes products that are alcohol-free have more added sugar.
- **Break it up.** Drink a glass of water or sparkling water between each beverage. This will help fill you up, leaving less room to overindulge.

MINDFUL MEALS

SODIUM

- **Limit your sodium.** Did you know that many of your favorite holiday dishes may be packed with sodium? Breads and rolls, poultry, and canned soups are three common foods that can add sodium to your diet. When shopping for ingredients to prepare your holiday meal, compare the labels and choose options with the lowest amount of sodium.
- **Savor the flavor.** Use herbs and spices, like rosemary and cloves, to flavor dishes instead of salt or butter.
- **Rinse away.** When using canned beans or veggies, drain and rinse in a colander to remove excess sodium.

TURKEY

- **Outsmart the bird.** Reach for the lighter pieces of meat; they have fewer calories and less fat than the darker ones. Another way to cut calories and fat is to take off the skin.
- **Keep portions in check.** A serving size of meat is 3 oz., about the size of a deck of cards. So, be conscious of how much you put on your plate, and pass on that second helping. If you're also having another meat, like ham or lamb, take smaller portions of each.
- **Watch out for the gravy train.** Turkey usually comes with gravy, which can add excess saturated fat, calories and sodium. Limit gravy to a tablespoon, and keep it off other items, like the dressing.

DRESSING

- **Call it what it is.** Dressing is intended to be a complement to your meal, not an entrée. Limit servings to about 1/4 cup or one spoonful.
- **Judge it by its cover.** If the dressing is filled with fatty meats like sausage and pork, looks greasy or buttery, or is made with white bread or sweet rolls, it may be best to pass. Better options include dressings made with whole grain or cornbread, lean meat (or no meat), nuts (like almonds or walnuts), and lots of veggies and fruits.

APPETIZERS/SNACKS

- **Skip the extras.** Make sure everyone has an appetite for the meal by skipping appetizers and serving lighter snacks like cut-up fruits and veggies.

ADDED SUGARS

- **Treat yourself right.** Try bite-sized or half portions of desserts, or split servings with others.
- **Sip smart.** Instead of soda or sweet tea, which can add a lot of sugar to an already indulgent meal, serve sparkling water or tea sweetened only with a bit of 100% fruit juice.
- **Lighten up.** Reduce the amount of sugar you use in sides like sweet potato casserole and cranberry sauce. Use herbs and spices for flavor instead.

HEALTHY HOLIDAY PARTIES

'Tis the season of celebrations. Whatever the event, these tips can help you stay healthy while having fun.

APPETIZERS AND HORS D'OEUVRES

- **Get involved.** Whether potluck or not, offer to bring a dish. You can make a healthier item, giving yourself at least one good option to enjoy.
- **Come prepared.** If the party is during lunch, eat a healthy breakfast followed in mid-morning by a high-fiber snack, such as an apple or a small handful of almonds. If the party is at the end of the day, enjoy a protein-packed lunch like grilled fish or chicken with a salad and then later in the afternoon have another high-fiber snack. If you're not too hungry when you go to the party, it will be easier to avoid overeating.
- **Go easy.** Avoid loading up on foods that are fried, buttered or have a lot of cheese and cream. Even though the portions may be small, these fat-laden bites can really pack a punch. Look for fruit, veggies and dip, whole-grain crackers, and baked or grilled items.

DESSERTS

- **Use the buddy system.** By splitting a dessert with someone, you can cut the calories and fat in half and avoid being wasteful. It's a win-win!

BEVERAGES

- **Mix it up.** If alcohol is being served, alternate each glass with a glass of water. This will help reduce your thirst while filling your stomach and you'll consume fewer calories.
- **Watch seasonal drinks.** Many holiday beverages have so much added sugar, they may as well be a dessert. Keep in mind what else you've eaten; it may be best to enjoy these drinks on another day.



MAKING TRADITIONS HEALTHY

Keep your holiday traditions, and make small changes and smart substitutions where you can.

- Instead of butter, use a healthier vegetable oil or substitute equal parts unsweetened applesauce when baking.
- Use a lower-calorie sugar substitute.
- Use low-fat or nonfat milk instead of whole milk or heavy cream.
- Instead of 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.
- Use vegetable oils or soft margarine instead of butter.
- Use whole-grain breads, rice and pasta instead of white.
- Bake, grill or steam vegetables instead of frying.
- Compare labels of your holiday ingredients, and choose products with lower amounts of sodium and added sugars.
- Use spices, fresh herbs and citrus juice to flavor foods and drinks instead of excess salt and added sugars.



MOVE MORE. BE WELL.

If your holiday traditions all seem to revolve around eating, liven things up with some opportunities to be physically active with family and friends.

- **Go for a walk or run.** Instead of heading for the couch after the big meal, bundle up and head outdoors for some fresh air. Walking is an activity the whole family can do together, even the dog!
- **Play to win.** Start a new tradition of an annual family game of touch football, basketball, mini-golf or whatever your family's favorite sport is.
- **Make it move.** Add movements and gestures to your favorite card or board games.
- **Play in the snow.** Go sledding, ice skating, skiing or snowshoeing. Build a snowman or snow fort. Team up for an epic snowball fight.
- **Break up the binge-watching.** In between bowl games or your favorite holiday movies, take a walk or do something active.

If the holidays sometimes leave you feeling stressed and overwhelmed, take care of yourself to stay well.

- **Keep up healthy habits.** Make a commitment to yourself before the holiday season begins. If you don't completely give up your healthy habits, you won't feel like you have to start all over once the holidays are in the rear-view.
- **Fit in fitness.** Try not to skip workouts, but when a full social calendar gets in the way, sprinkle some healthy activity like walking into your daily routine.
- **Give yourself the gift of peace.** When the invitations pile up, don't be afraid to say no to some of them. If you need some down time to recharge for the next party, take a break. Do something that relaxes you, like yoga, meditation, reading, a warm bath or spending time in nature.
- **Get your ZZZs.** Aim for 7–9 hours of sleep each night to stay in the healthy zone. Don't let your wake-up time and bedtime get too far off your regular schedule. Nap when needed and ditch the digital devices at night.

For more tips, visit [heart.org/healthyforgood](https://www.heart.org/healthyforgood).



RECIPES

MOM'S ROASTED TURKEY WITH BUTTERNUT SQUASH AND ASPARAGUS

Serves 8

INGREDIENTS

Roasted Turkey

- 1 12-pound fresh or frozen turkey, thawed if frozen
- 2 tablespoons dried Italian seasoning, crumbled
- 1 tablespoon canola or corn oil
- 1 teaspoon pepper
- 2 to 3 medium ribs of celery, coarsely chopped
- 2 medium carrots (about 1 cup),

Butternut Squash

- Cooking spray
- 1 butternut squash, peeled and cut into 1-inch cubes
- 2 teaspoons extra-virgin olive oil
- 2 teaspoons honey
- 1 teaspoon ground cinnamon
- 1 teaspoon dried thyme, crumbled
- 1/2 teaspoon pepper

- coarsely chopped
- 1 small onion, coarsely chopped
- 3 sprigs of fresh thyme or 1 tablespoon dried thyme, crumbled
- 2 sprigs of fresh rosemary or 1 tablespoon dried rosemary, crushed
- 3 medium garlic cloves, crushed, or 3 teaspoons bottled chopped garlic
- Cooking spray

Asparagus

- 1 tablespoon fresh lemon juice
- 2 teaspoons extra-virgin olive oil
- 2 medium garlic cloves, minced, or 2 teaspoons bottled minced garlic
- 1/2 teaspoon pepper
- 1 pound fresh asparagus, trimmed



NUTRITION FACTS

	Per serving
Calories	252
Total Fat	5.0 g
Saturated Fat	1.0 g
Trans Fat	0.0 g
Polyunsaturated Fat	1.0 g
Monounsaturated Fat	2.5 g
Cholesterol	95 mg
Sodium	71 mg
Carbohydrates	16 g
Dietary Fiber	4 g
Total Sugars	5 g
Protein	36 g
Dietary Exchanges: 1 starch, 1 vegetable, 4 lean meat	

DIRECTIONS

Roasted Turkey

1. Preheat the oven to 425°F.
2. Place the turkey on a cutting board. Using kitchen shears, remove any loose or hanging skin around the neck cavity of the turkey. Pat the turkey dry with paper towels. Loosen the turkey skin away from the meat by inserting your hand between the meat and skin and gently pushing down. Pull the wing tips up and back and tuck them under the turkey.
3. In a small bowl, whisk together the Italian seasoning and oil. Rub the mixture on the turkey breast and drumsticks, underneath the skin. Sprinkle the pepper over the entire turkey.
4. Fill the turkey cavity with the celery, carrots, onion, thyme, rosemary, and garlic. Tie the legs together with kitchen twine. Lightly spray a roasting pan and rack with cooking spray. Place the turkey with the breast side up on the rack. Roast for 30 minutes.
5. Reduce the oven temperature to 325°F. Loosely cover the turkey with aluminum foil. Roast for 1 hour 45 minutes, or until the turkey reaches an internal temperature of 165°F on an instant-read thermometer. (The total roasting time may be up to 3-1/2 hours to reach 165°F.) Remove from the oven.
6. Remove the foil and spoon the pan juices over the turkey to baste it. Recover the turkey and let it stand for 15 minutes at room temperature. Baste 2 or 3 times during the standing time (removing and replacing the foil each time). Discard the skin and any visible fat before slicing the turkey.

Butternut Squash

1. Preheat the oven to 350°F. Lightly spray a baking sheet with cooking spray.
2. In a medium bowl, stir together all the ingredients until the squash cubes are evenly coated. Transfer to the baking sheet.
3. Bake for 45 to 50 minutes, or until the squash is fork-tender.

Asparagus

1. Preheat the oven to 350°F. Line a baking sheet with aluminum foil.
2. In a small bowl, whisk together the lemon juice, oil, garlic, and pepper.
3. Arrange the asparagus in a single layer on the baking sheet. Drizzle the lemon juice mixture over the asparagus.
4. Bake for 12 to 15 minutes, or until the asparagus is tender-crisp.

ALLSPICE-RUBBED PORK TENDERLOIN WITH CINNAMON-SAUTÉED APPLES AND CILANTRO RICE

Serves 4

INGREDIENTS

Pork Tenderloin

- 1 1-pound pork tenderloin, all visible fat discarded
- 1 teaspoon ground allspice
- 1/4 teaspoon pepper
- 2 teaspoons extra-virgin olive, canola, or corn oil
- 4 apples (any variety) cored and thinly sliced
- 1/2 teaspoon ground cinnamon

Cilantro Rice

- 1 cup chopped fresh cilantro or parsley
- 2 medium green onions, chopped
- 2 teaspoons fresh lemon or lime juice
- 2 cups cooked brown rice



DIRECTIONS

Pork Tenderloin

1. Preheat the oven to 400°F. In a small cup, stir together the allspice and pepper. Sprinkle onto the pork. Using your fingertips, gently press the allspice mixture so it adheres to the pork.
2. In a large skillet, heat the oil over medium-high heat, swirling to coat the bottom. Cook the pork on all four sides (about 1 minute on each side), or until browned.
3. Transfer the pork to a baking dish. Bake for 25 minutes, or until the pork reaches an internal temperature of 145°F on an instant-read thermometer.
4. Meanwhile, in the same skillet, still over medium-high heat, cook the apples and cinnamon for 4 to 5 minutes, or until the apples are soft, stirring constantly. Remove from the heat.
5. Transfer the pork to a cutting board. Let stand for 5 minutes. Slice the pork. Serve with the apples on top.

Cilantro Rice

1. Stir the cilantro, green onions, and lemon juice into the cooked rice.

NUTRITION FACTS

Per serving

Calories	315
Total Fat	6.0 g
Saturated Fat	1.5 g
Trans Fat	0.0 g
Polyunsaturated Fat	1.6 g
Monounsaturated Fat	3.0 g
Cholesterol	60 mg
Sodium	56 mg
Carbohydrates	43 g
Dietary Fiber	6 g
Total Sugars	20 g
Protein	24 g
Dietary Exchanges: 1 starch, 1½ fruit, 3 lean meat	

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GREEN BEAN CASSEROLE

Serves 8

INGREDIENTS

- 1 lb. frozen green beans (French cut is best), thawed
- 10.5 oz. canned, reduced-fat, low-sodium cream of mushroom soup
- 1/2 cup low-fat sour cream
- 1 1/2 tsp. pepper
- 1 small onion (cut into thin strips)
- Nonstick Cooking spray
- 1/4 cup whole-wheat flour

DIRECTIONS

1. Preheat oven to 350 degrees.
2. In a 9x13 casserole dish, combine green beans, soup, sour cream and pepper. Stir until well mixed and bake for 20 minutes.
3. While casserole bakes, spread out onion sticks and lightly spray with cooking spray.
4. Sprinkle flour over onion pieces, tossing to coat equally.
5. Spray a medium-large skillet with cooking spray and heat to medium-high heat. Add onions and cook until crisply, stirring occasionally.
6. Remove casserole from oven, add 1/2 onions and stir well.
7. Top with remaining half and return to oven, bake 5 minutes more.



NUTRITION FACTS	Per serving
Calories	77
Total Fat	2.0 g
Saturated Fat	0.5 g
Trans Fat	0.0 g
Polyunsaturated Fat	0.5 g
Monounsaturated Fat	0.5 g
Cholesterol	4 mg
Sodium	138 mg
Carbohydrates	12 g
Dietary Fiber	2 g
Total Sugars	3.2 g
Protein	3 g

ROSEMARY BALSAMIC ROASTED VEGETABLES

Serves 8

INGREDIENTS

1/2 lb., Brussels sprouts, brown ends trimmed off and cut in half
1/2 medium cauliflower (cut into florets)
4 medium carrots (peeled, sliced)
Turnips, peeled and chopped into 1/2-inch cubes
Beets, peeled and chopped into 1/2-inch cubes
Sweet potato (peeled, optional) cut into 3/4-inch cubes

3 Tbsp. balsamic vinegar
3 tsp. extra virgin olive oil
2 tsp. no-calorie sweetener (granulated)
2 Tbsp. fresh, chopped rosemary
2 clove fresh, minced garlic
1 tsp. onion powder
1/2 tsp. pepper
1/4 tsp. salt

DIRECTIONS

1. Preheat oven to 375.
2. Spray 9 x 13 baking dish with cooking spray.
3. Thoroughly wash all vegetables, cut and toss together in large bowl.
4. In small bowl, whisk together vinegar, oil, no-calorie sweetener, rosemary, garlic, onion powder, pepper and salt. Pour over vegetable mixture and toss well.
5. Pour vegetable mixture into prepared 9 x 13 baking dish. Bake in preheated oven for 30-35 minutes, stirring once, until all vegetables pierce easily with a fork.

NUTRITION FACTS

	Per serving
Calories	98
Total Fat	2.1 g
Saturated Fat	0.3 g
Trans Fat	0.0 g
Polyunsaturated Fat	0.3 g
Monounsaturated Fat	1.3 g
Cholesterol	0 mg
Sodium	170 mg
Carbohydrates	19 g
Dietary Fiber	5 g
Total Sugars	8 g
Protein	3 g
Dietary Exchanges:	1/2 fat, 3 vegetable



APPLE BREAD PUDDING

Serves 4

INGREDIENTS

Cooking Spray

1 cup fat-free milk

1 large egg

1 large egg white

2 tablespoons low-calorie brown sugar blend

1 teaspoon vanilla extract

1 teaspoon ground cinnamon

1/2 teaspoon ground cloves or ground allspice

6 slices light, whole-grain, or multigrain bread (lowest sodium available), cubed

3 medium apples, cored and cut into 1/2-inch cubes

1/2 cup raisins, unsweetened dried cranberries, fresh or unsweetened dried blueberries, or chopped walnuts, pecans, or almonds (optional)

DIRECTIONS

1. Preheat the oven to 350°F. Lightly spray a 9-inch square baking dish with cooking spray.
2. In a large bowl, whisk together the milk, egg, egg white, brown sugar blend, vanilla, cinnamon, and cloves.
3. Stir in the bread, apples, and raisins, cranberries, blueberries, or nuts.
4. Pour the mixture into the baking dish. Bake for 40 to 45 minutes, or until the bread cubes are golden brown.



NUTRITION FACTS

Per serving

Calories	132
Total Fat	1.0 g
Saturated Fat	0.5 g
Trans Fat	0.0 g
Polyunsaturated Fat	0.0 g
Monounsaturated Fat	0.5 g
Cholesterol	32 mg
Sodium	154 mg
Carbohydrates	26 g
Dietary Fiber	5 g
Total Sugars	16 g
Protein	5 g
Dietary Exchanges: 1 starch, 1 fruit, 1/2 lean meat	

BAKED APPLES AND PEARS WITH ALMONDS

Serves 4

INGREDIENTS

4 small Granny Smith or Golden Delicious apples (can substitute any variety of apple or use pears as available or on sale)

1/4 cup unsalted, unroasted almonds

2 tablespoons dried cranberries or raisins (no-sugar-added)

1/2 teaspoon cinnamon

2 teaspoon honey

DIRECTIONS

1. Preheat oven to 400° F.
2. Cut 1/2 inch off the top of the apples, save the tops.
3. Using a spoon or paring knife, core out the apples, leaving a bottom/base intact.
4. Chop almonds.
5. In a small bowl, combine almonds, cranberries and cinnamon – stir gently. Drizzle in honey and stir until almonds and cranberries are coated.
6. Spoon almond mixture into apples and replace tops. Fill a small baking dish with 1/4 inch of water, place apples in dish and cover loosely tented foil. Bake 30 minutes. Remove foil and bake an additional 15 minutes until apples are tender and lightly golden.



NUTRITION FACTS

	Per serving
Calories	153
Total Fat	4.5 g
Saturated Fat	0.5 g
Trans Fat	0.0 g
Polyunsaturated Fat	1.0 g
Monounsaturated Fat	3.0 g
Cholesterol	0 mg
Sodium	2 mg
Carbohydrates	29 g
Dietary Fiber	5 g
Total Sugars	21 g
Protein	2 g
Dietary Exchanges: 2 fruit, 1 fat	

TURKEY BACON AND SPINACH QUICHE WITH SWEET POTATO CRUST

Serves 5

INGREDIENTS

Cooking spray	3/4 teaspoon dried dillweed, crumbled
2 cups grated sweet potato (from about 1 medium sweet potato)	1/4 teaspoon salt
1 teaspoon canola or corn oil	1/4 teaspoon pepper
1 medium yellow onion, finely diced	2 large eggs
6 pieces turkey bacon, thinly sliced	4 large egg whites
10 ounces frozen chopped spinach, thawed and squeezed dry	1/4 cup fat-free milk
	1-1/2 tablespoons fat-free feta cheese

DIRECTIONS

1. Preheat the oven to 400°F. Lightly spray a 9-inch pie pan with cooking spray.
2. Gently press the grated sweet potato over the bottom and up the side of the pie pan. (The grated sweet potato will be loose, but will hold together once baked.) Bake for 20 minutes, or until the crust is cooked. Remove from the oven. Reduce the oven temperature to 350°F.
3. Meanwhile, in a medium pan, heat the oil over medium-high heat, swirling to coat the bottom. Cook the onion for 6 to 8 minutes, or until very soft, stirring frequently. Stir in the turkey bacon. Cook for 3 to 4 minutes, or until the onion and bacon begin to brown, stirring frequently. Stir in the spinach, dillweed, salt, and pepper. Cook for 1 to 2 minutes, or until the spinach releases its juice. Remove from the heat. Using a spatula, transfer the mixture into the sweet potato pie crust.
4. In a small bowl, whisk together the eggs, egg whites, and milk. Pour the egg mixture over the spinach mixture in the pie crust. Dot the feta cheese over the top.
5. Bake for 35 to 40 minutes, or until the center doesn't jiggle when the pan is gently shaken or a wooden toothpick inserted in the center of the quiche comes out clean.
6. Remove from the oven. Let stand for 5 minutes before serving.



NUTRITION FACTS

	Per serving
Calories	
138	
Total Fat	5.0 g
Saturated Fat	1.5 g
Trans Fat	0.0 g
Polyunsaturated Fat	1.0 g
Monounsaturated Fat	2.0 g
Cholesterol	87 mg
Sodium	458 mg
Carbohydrates	11 g
Dietary Fiber	3 g
Total Sugars	4 g
Protein	12 g
Dietary Exchanges: 1 vegetable, 1 lean meat	

FESTIVE TURKEY RICE SALAD

Serves 6

INGREDIENTS

- 2 tablespoons plain rice vinegar
- 2 tablespoons fresh lime juice
- 1 tablespoon olive oil (extra virgin preferred)
- 1 tablespoon honey
- 1 teaspoon ground ginger
- 3 1/2 cups cooked wild or brown rice
- 1 1/2 cups chopped cooked skinless turkey breast, cooked without salt
- 1/3 cup unsweetened dried cranberries
- 1 bunch chopped green onions

DIRECTIONS

1. In a small bowl, whisk together the vinegar, lime juice, oil, honey, and ginger.
2. In a large bowl, stir together the rice, turkey, cranberries, and green onions.
3. Pour the dressing over the salad, tossing to coat. Cover and refrigerate until serving time.



NUTRITION FACTS

	Per serving
Calories	203
Total Fat	3.0 g
Saturated Fat	0.5 g
Trans Fat	0.0 g
Polyunsaturated Fat	0.5 g
Monounsaturated Fat	1.5 g
Cholesterol	29 mg
Sodium	25 mg
Carbohydrates	30 g
Dietary Fiber	2 g
Total Sugars	9 g
Protein	15 g
Dietary Exchanges: 1 1/2 starch, 1/2 fruit, 1 1/2 lean meat	

RESOURCES

The American Heart Association has many resources to help people eat and live healthier. Visit [heart.org/healthyforgood](https://www.heart.org/healthyforgood) or these specific sites:

- **Recipes** — Discover how easy, budget-friendly and delicious healthy cooking can be. [heart.org/recipes](https://www.heart.org/recipes)
- **Heart-Check Food Certification Program** — Our Heart-Check mark on food packaging helps people find foods in the grocery store that can be part of an overall healthy eating pattern. [heartcheck.org](https://www.heartcheck.org)
- **Grocery Guide** — Our **Grocery Guide** shows how to make the most of your money by creating a household food budget, planning menus and shopping wisely.
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