

12 WAYS TO A HEALTHIER Holiday

YOUR PLAN
FOR HEALTH

Avoid adding extra inches on your waist this holiday season by substituting some healthier ingredients in your favorite holiday recipes. Here are 12 ways to a healthier holiday:

- 1 When baking, replace butter with **applesauce**.



- 2 For a delicious, low-fat cheese ball with extra calcium, use puréed **low-fat cottage cheese** in place of cream cheese.



- 3 Cut your calories by using **skim mozzarella** instead of whole fat cheese.



- 4 Give your mashed potatoes extra creaminess with **fat-free plain yogurt** rather than full-fat sour cream.



- 5 Drink **skim milk** with your holiday treats and save 70 calories!



- 6 You can substitute **two egg whites** for each egg in your holiday recipes, which saves on fat and calories.



- 7 When doing your holiday baking, replace sugar with **sucralose (Splenda™), Truvia, or Stevia in the Raw**.



- 9 Give your casserole a healthy kick by substituting the white rice with **brown rice**.



- 8 Give your salads a healthy kick by using **light salad dressing** instead of full-fat salad dressing.



- 10 Lighten up your pie with **evaporated skim milk** rather than full-fat whipping cream.



- 11 Add fiber and whole grains to your rolls by replacing half the amount of all-purpose flour with **whole wheat flour**.



- 12 For frying or sautéing, use **cooking spray** instead of oil.



FOR MORE **RECIPE SUBSTITUTIONS:**

Download the EXTENSION FACT SHEET, MODIFYING A RECIPE TO BE HEALTHIER.

<http://ohioline.osu.edu/hyg-fact/5000/pdf/5543.pdf>



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