

Happy Holidays



Make Healthier Holiday Choices

The holidays are often filled with traditions that include some of your favorite meals, snacks, and beverages. As you celebrate, think of little changes you can make this holiday season to create healthier meals and fun activities.



Create MyPlate makeovers

Makeover your favorite holiday dishes. Go to myplate.gov/myplatekitchen for healthy recipes.



Enjoy all the food groups at your celebration

Prepare whole-grain crackers with hummus as an appetizer; add unsalted nuts and black beans to a green-leaf salad; include fresh fruit at the dessert table; use low-fat milk instead of heavy cream in your casseroles. Replace part of the flour with whole grain flour in baked goods. Enjoy healthier options during your holiday meal.



Make sure your protein is lean

Turkey, roast beef, or fresh ham are lean protein choices. Trim fat before cooking. Try baking or broiling instead of frying. Go easy on the sauces and gravies; try making the sauces and gravies low fat.



Cheers to good health

Quench your thirst with low-calorie options. Drink water with lemon or lime slices. Offer seltzer water with a splash of 100% fruit juice.



Bake healthier

Use recipes with unsweetened applesauce or mashed ripe bananas instead of butter. Try cutting the amount of sugar listed in recipes in half. Use spices such as cinnamon, allspice, or nutmeg to add flavor.



Be the life of the party

Laugh, mingle, dance, and play games.
Focus on fun and enjoy the company of others.



Tweak the sweets

For dessert, try baked apples with cinnamon and a sprinkle of sugar instead of apple pie. Invite your guests to make their own parfait with colorful sliced fruit and low-fat yogurt.



Make exercise a part of the fun

Make being active part of your holiday tradition. Have fun walking and talking with family and friends after a holiday meal. Give gifts that encourage others to practice healthy habits such as workout DVDs, running shoes, and reusable water bottles.



Enjoy leftovers

Create delicious new meals with your leftovers. Add turkey to soups or salads. Use extra veggies in omelets, sandwiches, or stews. The possibilities are endless!



Give to others

Spend time providing foods or preparing meals for those who may need a little help. Give food to a local food bank or volunteer to serve meals at a shelter during the holiday season.



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For more tips on healthy eating and food safety, refer to MyPlate.Gov