KANSAS STATE UNIVERSITY | Extension Wildcat District

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Healthy holidays can still be Delicious Holidays!

Want to make your holiday recipes healthier without sacrificing flavor? It may be easier than you think! Many traditional holiday foods start out healthy. It's often the added ingredients and cooking methods that increase calories, fat, sugar, and sodium. A few simple changes can make your favorite dishes healthier while keeping them delicious.

Try replacing half the butter or oil in baked goods with unsweetened applesauce or mashed banana. Choose low-fat sour cream, milk, and lean meats. In many baked goods and desserts, you can cut sugar by one-fourth to one-third. Add flavor with cinnamon, nutmeg, or vanilla.

Choose low-sodium broths and canned vegetables, rinse canned vegetables before using, and replace seasoning salt with herbs and spices.

To boost fiber, substitute whole-wheat flour for half the all-purpose flour in recipes. Add extra vegetables to casseroles, salads, soups, and sauces. Beans and fruit are also great ways to add fiber and nutrients.

Choose healthier cooking methods. Like baking, grilling, steaming, or broiling foods instead of frying, and use nonstick cookware to reduce added fat.

This holiday season, start a new tradition: make small, healthy changes that let you enjoy the foods you love while taking care of yourself and your family.

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