



Healthy Holiday Recipe Revisions

Here are some simple ways to make your favorite holiday foods healthier. You can enjoy a great tasting traditional holiday meal that can be healthy too!



If you recipe calls for:

Eggs	2 egg whites or ¼ cup egg substitute for each whole egg called for in the recipe
Whole or 2% milk.....	Skim or 1% milk
Butter, lard or shortening.....	Margarine or ½ solid shortening and ½ oil
Evaporated milk or heavy cream.....	Evaporated skim milk
Sour cream.....	Fat free or low fat sour cream or fat free plain yogurt
Cream cheese.....	Light cream cheese or ½ skim ricotta or ½ tofu blended
Oil for sautéing.....	Lemon juice, sherry, tomato sauce, low fat broth Fruit juice or vinegar
Oil for baking.....	For ½ the amount the oil, use applesauce, nonfat or low fat plain yogurt
Ground beef	Extra lean or lean ground beef, chicken or turkey
Table salt	Herbs, fruit juice, salt free seasonings or herb blends
Seasoning salts (garlic, celery, onion salt).....	Single herb seasonings (garlic powder, celery seed, onion, flakes) or finely chopped onion, celery or garlic
Soups, sauces, dressings, crackers,	Low sodium versions canned products (meat, vegetables, fish)
Broths	Low sodium version and when using broth from meat, chill until fat is solid, then spoon off fat before using the broth
Gravy mixes.....	Fat free gravy mixes
Baking powder.....	Low sodium baking powder
Egg Nog	Soy milk nog
Whipped topping or heavy whipped cream.....	Lite or fat free whipped topping
White rice	Brown rice
White breads and rolls	Whole grain bread and rolls

Try instead: