



No Weight Gain Contest

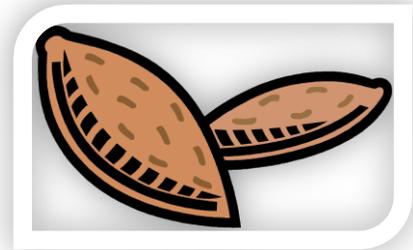
Healthy
Tips

Healthy Food & Recipe Substitutions

Making healthy food choices can be rough, especially around the holidays. Many holiday foods are laden with extra sugars, fats, and empty calories that add up and can expand your waist line. The good news is that many holiday foods can easily be replaced with more nutritious alternatives, without sacrificing flavor. So, whether you're hosting or attending a holiday gathering, try these healthy food substitutions.

Instead of candied pecans or salted peanuts, serve spiced toasted almonds.

By making this change, you eliminate unnecessary salt, butter, and sugar which limit the natural health benefits of nuts. You can replace these unhealthy choices with cayenne pepper and thyme to create a tasty alternative. Almonds are an excellent source of cancer-fighting vitamin E, as well as magnesium and fiber. One serving is about $\frac{1}{4}$ cup, which is about as many nuts as you can fit into the palm of your hand.



Serve strawberries dipped in dark chocolate instead of chocolate peppermint bark.

White and milk chocolate have slightly more saturated fat than dark chocolate and peppermint bark is loaded with extra sugar. For a healthier treat, substitute strawberries with melted dark chocolate or dip them in the dark chocolate and chill. Both combinations can satisfy the chocolate cravings for a minimal amount of sugar and fat. Dark chocolate contains antioxidants and vitamin C and fiber in the strawberries help reduce your cancer risks.

Instead of fruitcake, serve angel food cake topped with fresh berries.

Fruitcakes are loaded with fat, but angel food cake is generally fat-free. Topping it with fresh or frozen berries provides a nutritional boost by adding vitamin C and fiber.

