



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HAVE A HEALTHY HOLIDAY

Turkey: 3 ounces of skinless white meat (the size of a deck of cards) is a low calorie and protein packed portion.

Gravy: Low-sodium gravy mix has only 25 calories per ¼ cup serving; a lot better than the high fat homemade alternative.



Cranberries: Fresh homemade cranberry relish adds color to your meal plus has only half the sugar of its canned cranberry-sauce counterpart

Green Bean Casserole: Sauté fresh green beans in a teaspoon of butter until soft and top with fried onions (1 Tbsp. per serving) for half of the calories and fat than the traditional mixture

Sweet Potatoes: Marshmallow topped sweet potato casserole is loaded with sugar and fat. Instead try baked sweet potatoes topped with a teaspoon each of brown sugar and chopped pecans.

Cornbread Stuffing: Use fat-free buttermilk rather than whole milk and ½ of the butter when preparing your stuffing to save yourself from so much saturated fat

Mashed Potatoes: Lighten-up your potatoes by using 2% milk, plain non-fat Greek yogurt and less butter than traditionally used

Dessert: Pie can be a calorie pitfall but pick pumpkin over other options if you want to save calories. Better yet try baked apples or pears for a fiber-full dessert.



Drinks: Calories in drinks can be deceiving. Eggnog and hot chocolate can contain 200-400 calories per cup. Stick with tea/coffee or be prepared to count your drink as dessert.

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