



# 10 Healthy Food Swaps

The Holiday season is a special time of the year spent with friends, family, and tasty food. Traditional holiday foods can be high in sodium, unhealthy fats and added sugars. Choosing healthier holiday foods doesn't have to be boring and tasteless.

Enjoy these 10 easy food swaps for healthier choices this holiday season!

- **Main Dishes:** Choose lean protein options like chicken, turkey, or fish and skip the red meats.
- **Casseroles:** Roast vegetables with your favorite low sodium seasonings instead of high calorie and fat casseroles.
- **Seasonings:** Use fresh herbs when cooking meats and vegetables instead of pre-made packaged seasonings that are high in sodium and additives.
- **Mashed Potatoes:** Substitute mashed cauliflower prepared with olive oil and fresh garlic in place of traditional mashed potatoes.
- **Sweeteners:** Use seasonal spices for flavor instead of syrups and sugars. (cinnamon, pumpkin pie spice, nutmeg, allspice, and cloves).
- **Desserts Swap:** Make a fruit crisp for a lighter dessert option and skip the pies and heavier desserts.
- **Cooking and Baking:** Use healthy fats such as olive oil, avocado oil and canola oil and limit the butter and shortenings.
- **Dinner Rolls:** Choose a whole grain roll instead of a white dinner roll.
- **Drinks:** Sip on apple cider and pass on the eggnog to cut back on calories and fat.
- **Snacks:** Serve veggies with yogurt dip instead of salty chips and creamy dips

**Traditional holiday foods can be high in sodium, unhealthy fats, and added sugars but here are Somatus' 10 healthy holiday food swaps to guide you this holiday season!**



TRY THIS	INSTEAD OF THIS	WHY?
 Chicken, turkey, or fish	 Red meat	Leaner proteins are lower in saturated fats and cholesterol.
 Roasted vegetables with low sodium seasonings	 Creamy high-calorie casseroles	Roasted vegetables are a better option because they are lower in sodium and saturated fats and higher in fiber than traditional casseroles.
 Fresh herbs	 Pre-made packaged seasonings	Fresh herbs are naturally low in sodium and a great salt-free addition to any food to enhance flavor.
 Mashed cauliflower with olive oil and fresh garlic	 Mashed potatoes	Cauliflower is a better alternative to potatoes because it's lower in calories and fiber. It is also lower in potassium and carbs, making this a great kidney and diabetic-friendly option.
 Seasonal spices like cinnamon, nutmeg, allspice, and cloves	 Flavored syrups and added sugars	Spices are a great alternative to mimic "sweetness," making this a friendlier option for managing blood sugar levels.
 A light fruit crisp	 Pies and heavier desserts	Fruit is naturally lower in calories and saturated fats, and higher in fiber.
 Healthy fats like olive oil and avocado oil	 Butter and shortenings	Unsaturated fats like olive oil are better for your blood cholesterol and can decrease the risk of heart disease.
 Whole grain dinner roll	 White dinner roll	A whole grain roll is less processed and contains higher amounts of fiber.
 Apple cider	 Eggnog	Apple cider is lower in fat and phosphorus, making it a kidney-friendly beverage option.
 Veggies with yogurt dip	 Salty chips and creamy dips	Veggies are naturally a healthier choice than chips. Yogurt dip is lower in sodium and fats compared to sour cream and cream cheese-based dips.