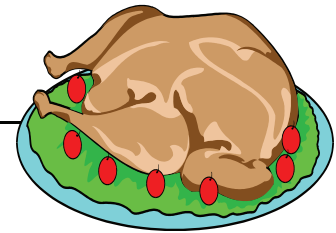


# Happy Holidays!



A holiday dinner doesn't have to be a nutrition disaster. Here are some suggestions for making your dinner healthier.

<b>Traditional Menu</b>	<b>Calories</b>	<b>Fat (grams)</b>	<b>Healthy Changes</b>	<b>Calories</b>	<b>Fat (grams)</b>
<i>Fresh raw veggies (½ c.)</i>	50	0	<i>No change</i>	50	0
<i>Vegetable dip (2 TBSP)</i>	60	4	<i>Made with non-fat sour cream</i>	20	0
<i>Dark turkey (5 oz.)</i>	262	10	<i>White turkey (3 oz.)</i>	129	3
<i>Gravy (½ cup)</i>	58	4	<i>Use only ¼ cup</i>	29	2
<i>Stuffing (1 cup)</i>	340	18	<i>½ cup serving</i>	170	9
<i>Cranberry sauce (¼ cup)</i>	90	0	<i>No change</i>	90	0
<i>Potatoes, mashed with butter and whole milk (½ cup)</i>	130	6	<i>Mashed with nonfat sour cream</i>	82	0
<i>Vegetable casserole (¾ c.)</i>	135	8	<i>Steamed veggies (½ c.)</i>	25	0
<i>Dinner roll with butter</i>	100	6	<i>Don't add butter</i>	60	2
<i>Sweet potatoes, candied with brown sugar and butter (½ cup)</i>	164	3	<i>Mashed with syrup (no butter)</i>	106	0
<i>Pumpkin pie with whipped cream</i>	350	20	<i>½ piece, no whipped cream</i>	160	8
<b>Traditional Total:</b>	<b>1739</b>	<b>79</b>	<b>Healthier Total:</b>	<b>921</b>	<b>24</b>
<i>This meal is 41% fat.</i>			<i>This meal is 23% fat.</i>		

You save 818 calories and 55 grams of fat by making these small changes!

Note: Even the “healthy changes” menu is high in fat and calories. So plan to eat less for breakfast and lunch, and less on the days before and after, if you expect to eat this large of a meal. Better yet, make *even healthier menu changes*. Serve a colorful fresh fruit salad instead of pie, rice instead of stuffing (try mixing wild and white rice for a special touch), and fewer foods (e.g., only one type of potato). You'll save another 290 calories and 17 grams of fat!

Adapted with permission from a handout developed for the MOMS Study.