

# Healthy Holiday Food

**Food surrounds us during the holidays. Some holiday foods can be healthy. Read the facts below so you can make better food choices.**

**Turkey** is a great source of protein and has less sodium and fewer nitrates than other meats like ham. Choose white meat without the skin.

**Green beans** are one of the healthiest holiday foods. They have fiber, vitamins C and K, and even iron and potassium. Instead of making a casserole rich in butter and creamy soup, try using low fat milk and some seasonings to enjoy this holiday

**Sweet potatoes** are full of vitamins. Eat the skin to get a dose of fiber too! Go light on the toppings. Add some cinnamon to give your sweet potato some antioxidants. Remember **1/2 cup has 15g of carbohydrates.**

**Pumpkin** is low in calories, but rich in fiber and vitamin A. However, pumpkin pie is high in calories, sugar and fat. Try making a mashed or roasted pumpkin dish. Or switch ingredients to make a lighter pumpkin pie. Make it without crust. Remember **1 cup of pumpkin has 7.5g of carbohydrates.**

**Cranberries** are loaded with vitamin C, fiber and an antioxidant that is good for your urinary system. Make your own cranberry sauce and go light on the sugar. Remember **1 cup of fresh cranberries has 12 g of carbohydrates.** And **1/3 cup of dried sweetened cranberries has 32g of carbohydrates.**

**Pecans** have more antioxidants than any other nut! Instead of pecan pie try sprinkling some on a salad or sweet potato.

