





















10 HEALTHY HOLIDAY FOOD SWAPS

Traditional holiday foods can be high in sodium, unhealthy fats, and added sugars, but choosing healthier options doesn't have to be boring and tasteless! Here are Somatus' 10 healthy holiday food swaps to guide you this holiday season!

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