



Week 2: Add “healthy” to every holiday helping

It’s that time of year when you and your family are inspired to cook your favorite comfort foods or sweet treats. But these high-calorie dishes can add up to holiday love handles. Thankfully, there are a few simple tricks to turn any traditional recipe into a lower-calorie health food that’s still delicious.

Here are some easy ways to give your homemade dishes a healthy makeover. Try these out to help you manage your weight – all season long.

***Go low.** Swap low- or nonfat Greek yogurt for sour cream in dips, appetizers, and casseroles. Also, instead of full-fat cheeses, choose low-fat cheese.

***Bring backup.** Be sure to bring your favorite healthy dish to the party. That way, if you don’t see anything healthy to eat, you’ve got your dish to help you stay on track.

***Brighten up.** Replace one heavy starch dish with a fresh, bright vegetable dish – such as mixed greens or roasted asparagus.

For more resources, take a look at some of the following links...

- [Healthy cooking tips](#)
- [Healthy recipes](#)
- [Tips for a healthy kitchen](#)
- [Videos: Healthy shopping, cooking, and snacking](#)
- [Nutrition Education Series from the USDA](#)

*****Don't forget to update your Weekly Tracker. If you haven't started that, its not too late. The file is attached.*****

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