

Holiday Favorites

Nutrition Education
November 2022



Holidays are the time of year to be thankful for family, friends, health, and great food! The way you prepare those foods makes a difference for your health. Avoid adding salt, high fat ingredients, or sugar to your favorite holiday dishes.

Turkey

Turkey is packed with nutrition and is usually the centerpiece of the holiday meal. Season it with olive oil, herbs, spices, and citrus for a delicious flavor without the need for salt. Do not fry the turkey or use butter to baste it. When the turkey is prepared at the right temperature, it is moist and tasty. Skip the gravy for a healthier meal.

Stuffing

Stuffing is a good opportunity to add nuts, seeds, and whole grains to your holiday meal. Make homemade stuffing instead of store bought which is high in sodium and low in fiber. Start with whole wheat bread and season with plenty of spices and herbs. Add mushrooms, citrus, onions, apple slices, or celery for more flavor.

Make stuffing separate from the turkey to keep it lower in saturated fat and safer for consumption.

Dark Leafy Greens

Collard greens, turnip greens, kale, mustard greens, and spinach are powerhouses full of nutrition. These vegetables contain calcium, folate, and vitamins A, C, and K. Steam your favorite greens and season with herbs, spices, and olive oil. Consider serving a spinach and kale salad with an olive oil-based dressing. Season with garlic and sautéed onions instead of fried.

Sweet Potatoes, Carrots, and Pumpkin

These are excellent sources of vitamins A and C. Add nutmeg and cinnamon for flavor and even more nutrition. Make sweet potatoes with cinnamon, raisins, and just a touch of honey or maple syrup instead of brown sugar or marshmallows. Prepare carrots with dill, rosemary, or parsley and olive oil.

Green Beans

Green beans provide a great source of vitamins C and K. They are also high in fiber. Steam green beans or oven bake. Season with herbs, spices, and olive oil. Add flavor with sautéed onions and garlic instead of creamy soups.

Cranberries

Canned cranberry sauce can be high in sugar. Get the benefits of fiber, antioxidants, and vitamin C that cranberries offer by making cranberry sauce yourself. Reduce the amount of sugar or honey used, and increase the amount of water.

Cookies and Dessert

Seasonal fruits are perfect for holiday desserts. Fruits add fiber, vitamins, and minerals. Make pie crusts, cake, and cookies with whole wheat or oat flour. Serve with frozen yogurt instead of whipped cream. Use raisins or dried fruits instead of chocolate chips.



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