

# MAINTAIN DON'T GAIN

## Week 6: Slim the trimmings

### Low-fat substitutions can keep those holiday sides healthy.

Nothing gets people in the mood to cook like the holidays. Whether it's a side dish to bring to the holiday buffet or cookies to bake for the annual cookie swap, there are plenty of occasions for homemade treats.

But homemade doesn't have to mean unhealthy. With a few simple substitutions, you can turn any traditional recipe into a virtual health food. So, get out your rolling pin and keep an open mind.

### Your challenge:

Try a new, healthy recipe this week.

### Your tips:

- Butter and other dairy products are common ingredients in many holiday recipes, but they can contain unhealthy fats. Luckily, almost every recipe can be adapted to be healthier and still please the crowd. Consider substitutes like extra virgin olive oil or low-fat yogurt—or just halve the amount you use.
- Bring more color to the table. Replace at least one heavy carbohydrate with a fresh, vibrant vegetable dish, such as a tossed salad or roasted brussels sprouts. The colors in produce are caused by the healthy phytochemicals they contain, so the more variety, the better.



- Bring a healthy dish to the party as a backup. If you don't see anything healthy to eat, you can always count on your dish to keep you on track.

### Your link:

For your pick of healthy recipes, visit [kp.org/thrive/recipes](http://kp.org/thrive/recipes).

**Monitor your progress with your weekly personal tracker, and celebrate a healthier you.**

**CLICK HERE  
FOR HEALTHY RECIPES**