

# THANKSGIVING INGREDIENT SWAPS



## 4,500 CALORIES

According to the Calorie Council, the average American eats 4,500 calories and 229 grams of fat during Thanksgiving dinner.

**ONE WHOLE EGG**  
2 egg whites – saves you 36 calories

**SOUR CREAM**  
Greek yogurt – saves 55 calories per ¼ cup.

**MILK**  
Skim or 1% milk – saves up to 56 calories in 8 fl. Oz.

**SALT TO TASTE**  
Squeeze a little bit of lemon or lime – brings out the flavor without adding the sodium.

**BUTTERMILK**  
A 1:1 swap of buttermilk for lowfat plain yogurt minimizes the fat and sodium.

**HEAVY CREAM**  
Use coconut milk as a substitute for heavy cream in soups and stews. Same texture and taste ½ the calories.

**CHOCOLATE CHIPS**  
Cacao Nibs – Your cookies will now have an abundance of anti-oxidants or try dark chocolate chips (70% cacao) these can be found in the baking aisle at the grocery store.

**OIL IN CAKES**  
Unsweetened applesauce 1:1 ratio – if your recipe calls for 1 cup of vegetable oil substitute it with 1 cup of applesauce. Vegetable oil contains 480 calories and 56 grams of fat in ¼ cup. The same amount of applesauce contains 25 calories and 0 grams of fat.

Save some calories  
with these healthy  
recipe swaps!

**mindful**

Enjoy Health

**PASTA** Whole wheat pasta – higher fiber and as many as 50 fewer calories per serving. Studies show that reheated pasta is better for you. Cooled pasta has just as many calories as freshly cooked pasta. Starches become more resistant, which means lower levels of glucose, which keeps blood sugar in check.