

Eat This, Not That (Holidays 2015 Version)

I probably should have read this article before attending my own department's holiday party and feeling obligated to sample every dessert on the table (I didn't want anyone to feel bad, you know?).

Healthier Holiday Food Swaps

by Michelle Bender, Family Circle Online

Swearing off celebrations and not baking a single cookie this season translates to a big "Bah, humbug!" But the other extreme can also get you in trouble. "People tend to go overboard in terms of calories at year-end parties," explains Elizabeth Somer, R.D., author of *Eat Your Way to Happiness*. "Anything you can do to rein things in makes a difference." That means working out before the soiree, having a pre-party snack (so you're not ravenous later) and making the hors d'oeuvres your dinner. "Choose treats that won't pack on pounds and are special to the time of year," adds Somer. These smart food swaps can save you 800 calories in a night.

Naughty:	1/2 cup mixed roasted nuts (400 calories)
Nice:	1/2 cup roasted chestnuts (104 calories)
Naughty:	3 bacon-wrapped dates (300 calories)
Nice:	3 prosciutto-wrapped melon balls (75 calories)
Naughty:	2 frosted sugar cookies (320 calories)
Nice:	2 plain sugar cookies (100 calories)
Naughty:	5 ounces regular chardonnay (120 calories)
Nice:	5 ounces low-cal chardonnay (80 calories)
Naughty:	6 coconut shrimp (435 calories)
Nice:	6 steamed shrimp with 2 tablespoons cocktail sauce (77 calories)
Naughty:	2 Tbsp nut-topped cheese-ball spread with 4 crackers (194 calories)
Nice:	8 cheddar cheese cubes with 4 crackers (190 calories)
Naughty:	2 chocolate chip cookies (300 calories)
Nice:	2 chocolate meringue cookies (50 calories)
Naughty:	4 Swedish meatballs (398 calories)
Nice:	4 grilled chicken skewers (268 calories)
Naughty:	1/2 cup spinach dip with 1/2 cup baby carrots (585 calories)
Nice:	1/2 cup Greek yogurt ranch dip with 1/2 cup baby carrots (265 calories)
Naughty:	1 slice gingerbread cake (299 calories)
Nice:	2 gingerbread cookies (65 calories)
Naughty:	1 cup hot buttered rum (301 calories)
Nice:	1 cup spiced apple cider with a shot of rum (180 calories)

Source: <http://www.familycircle.com/health/weight-loss/diet-tips/healthier-holiday-food-swaps/>