

If the recipe calls for...	Substitute...
1 whole egg	2 egg whites or an egg substitute
Sour cream	Low-fat yogurt or low-fat sour cream
Milk	Skim or 1 percent milk
Ice cream	Frozen yogurt
Heavy cream	2 Tbsp flour whisked into 2 cups skim milk or evaporated skim milk
Whipped cream	Chilled evaporated skim milk, NutriWhip or fat free whipped cream
Cream cheese	Low-fat cream cheese or low-fat ricotta cheese
Oil in baked goods	Applesauce or equal amount of oil and applesauce

Celebrate the holiday season without regret

One of the simplest pleasures at this time of year is the delicious smell that fills the home when something sweet is baking in the oven. The holidays just wouldn't be complete without those fresh-baked pumpkin breads, homemade candies and traditional family recipes passed down from generation to generation.

But too much of a good thing can cause us to feel uncomfortable, remorseful, and just plain sick to our stomachs. And overindulging in these seasonal sweets sends the wrong message to our children. To keep perspective during your holiday celebrations, try these simple tips.

- Watch portions instead of depriving yourself. Eat one cookie instead of five. Serve up one small helping of mashed potatoes and pass on second helpings.

- Choose a cookie coated with sugar sprinkles instead of one with icing to reduce fat content.

- Refrigerate gravy and remove fat from the top before serving to reduce fat and calorie content.

- Place dressings, condiments and cream sauces on the side and use for dipping instead of placing them directly on top of your food.

- Use sugar substitutes. Splenda is a great sugar replacement in special holiday dishes, baked goods and beverages.

- Beware of beverages. Many holiday drinks, including eggnogg, are high in sugar, calories and fat.

- Opt for low-fat or low-sugar versions of your favorite treats.

- Eat well-balanced meals. Be sure to eat a healthy breakfast, lunch and dinner each day throughout the holiday season. Snack on plenty of fruits and vegetables throughout the day.

- When you are able to choose, opt for whole grain versions of breads or rolls to make meals a bit healthier.

- Limit fats. Homemade baked goods can be a major source of empty calories

during the holidays. Try making homemade treats more healthful by using low-fat margarine, skim milk, egg whites and applesauce as healthy substitutes when baking holiday goodies.

Use the chart above to help with recipe conversions. Cut out and post on the fridge for a constant reminder.



PUMPKIN BREAD

Makes 24 servings, 3 loaves of bread

- 1 cup unsweetened applesauce
- 2 cups sucralose (Splenda)
- 3 cups flour
- 1 teaspoon nutmeg
- 1/2 teaspoon ginger
- 1/2 teaspoon cloves
- 2 teaspoons cinnamon
- 1 teaspoon allspice
- 2 teaspoons baking soda
- 2 cups pumpkin (16 oz. can)
- 1 cup egg whites (or Egg Beaters)

1. Combine all ingredients.
2. Put into greased bread pans.
3. Bake at 350 degrees for approximately 1 hour.

(Recipe Source: <http://www.sparkpeople.com>)