



NAUGHTY & NICE: What to eat this holiday season

The Nice Foods:

- Turkey (high protein, low fat, and leave off the skin!)
- Steamed veggies with herbs, lemon, or fat-free parmesan
- Fresh salad with low fat salad dressing
- Pumpkin (high fiber and vitamin A)
- Figgy Pudding made with low fat milk (high calcium and potassium)
- Shrimp Cocktail (high protein, low fat)
- Cranberries (real whole ones)
- Beans (green, black or any!) (high fiber and protein)

The Naughty Foods:

- Holiday Ham
- Cheesy appetizers or entrees
- Baked goods (usually have added sugar and fat)
- Eggnog (don't waste your calories on this high fat, alcoholic beverage)
- Fruitcake (don't be fooled, this is not a fruit!)
- SUGAR (remember it can be in anything: candy, cakes, cookies, and even some main dishes)
- Stuffing (contains high fat drippings and butter)
- Mixed Nuts

