



Christmas Nutrition Substitutions



CHRISTMAS NUTRITION SUBSTITUTIONS		
TRADITIONAL	SUBSTITUTION	RESULTS
Dark Turkey Meat	Turkey Breast	Less fat, less calories
Store Bought Stuffing	Homemade stuffing	Healthier ingredients, less salt and flavourings
Traditional Gravy	Homemade/ low fat gravy	Healthier ingredients, less salt and flavourings
Cranberry sauce full of sugar	Homemade Cranberry Relish	Reduced sugar, reduced corn syrup
White flour Bread	Whole Wheat Bread	Increased vitamins and nutrients, increase in healthy fats, increase in protein, increase in fibre
Christmas drinks i.e Eggnog/Christmas coffees	Drink black coffee or water	Reduced calories, reduced sugar feel better longer
Cereal for breakfast	Porridge for breakfast	Longer lasting energy, less sugar, higher protein, gluten free
Sugar	Stevia	Increase in sweetness, decrease in calories,
Chocolate Chips	Cocoa Nibs	Increase in antioxidants, fiber, iron and magnesium

