

GO-SLOW-WHOA!

Try GHG's guide this Holiday season to help you and your family stay on track! Eating healthy can be a real struggle especially through all of those family gatherings. This guide lists some traditional dishes and shows how you can eat the same foods with just a few small changes. "Go" foods are low in fat and high in nutrients, "Slow" foods still have good nutrients but have some added fat/sugar, and "Whoa!" foods are those you want to watch out for because they are the highest in fat and low in nutrients. Enjoy these holiday foods; just eat small portions to avoid obesity and related health problems. This holiday season, feed your family with a warm heart through nutritious, tasty foods keeping their health in mind.

GO	SLOW	WHOA!
Sliced apples	Baked Apples w/ cinnamon/sugar	Apple Strudel w/ icing or Apple pie
Baked sweet potatoes	Whipped sweet potatoes w/ sugar	Sweet potato casserole
Blueberries	Blueberry tarts	Traditional Blueberry cobbler
Broccoli spears	Broccoli with low-fat cheese	Broccoli casserole
Steamed Green Beans w/ herbs	Green beans with sauce or pork	Green bean casserole
2 oz of dark chocolate	Chocolate Mousse	Chocolate brownies
Roasted Turkey without skin	Roasted Turkey with skin	Fried Turkey with skin and gravy
Roasted pecans	Pecan fruit salad	Pecan pie
Cheese cubes w/ fruit	Lemon yogurt cheesecake	Chocolate cherry cheesecake
Angel food cake	Yellow cake w/ lite whipped frosting	Pound cake
Baked okra w/ olive oil and herbs	Baked okra with cream sauce	Fried, breaded okra
Wild bulgur rice or quinoa	Low-fat cheese and rice casserole	Traditional stuffing w/ butter

Mashed red potatoes w/ herbs
Collard greens w/ vinegar

Mashed red potatoes w/ sour cream
Collard greens w/ fat back

Traditional Potato salad (with mayo)
Collard greens w/ bacon and cheese
