

Thanksgiving Food Swaps

SWAP THIS **YOU SAVE** **FOR THAT**

3 OUNCES DARK MEAT TURKEY WITH SKIN **3 OUNCES TURKEY BREAST WITHOUT SKIN**

CAL 147 SUG 0g FAT 5g CAL 97 SUG 0g FAT 3g

SWAP THIS **YOU SAVE** **FOR THAT**

1 CUP TRADITIONAL GREEN BEAN CASSEROLE TOPPED WITH FRIED ONIONS **1 CUP GREEN BEANS SAUTEED IN 1 TSP BUTTER AND TOPPED WITH 1 TBSP FRIED ONIONS**

CAL 235 SUG 3g FAT 15g CAL 91 SUG 2g FAT 6g

SWAP THIS **YOU SAVE** **FOR THAT**

1 CUP TRADITIONAL CORNBREAD STUFFING (MADE WITH WHOLE MILK AND BUTTER) **1 CUP LIGHTENED CORNBREAD STUFFING (MADE WITH FAT-FREE BUTTERMILK AND 1/2 THE BUTTER)**

CAL 470 SUG 8g FAT 17g CAL 319 SUG 6g FAT 10g

SWAP THIS **YOU SAVE** **FOR THAT**

1/4 CUP OF GRAVY **1/4 CUP PREPARED LOW-SODIUM GRAVY MIX**

CAL 131 SUG 0g FAT 9g CAL 25 SUG 0g FAT 1g

SWAP THIS **YOU SAVE** **FOR THAT**

1/4 CUP CANNED CRANBERRY SAUCE **1/4 CUP FRESH CRANBERRY RELISH**

CAL 105 SUG 26g FAT 0g CAL 67 SUG 12g FAT 0g

SWAP THIS **YOU SAVE** **FOR THAT**

1 CUP CLASSIC SWEET POTATO CASSEROLE WITH MARSHMALLOWS **1 SMALL BAKED SWEET POTATO TOPPED WITH 1 TSP BROWN SUGAR AND 1 TSP CHOPPED PECANS**

CAL 558 SUG 78g FAT 9g CAL 138 SUG 12g FAT 2g

SWAP THIS **YOU SAVE** **FOR THAT**

1 SLICE PECAN PIE (1/8 OF 9" PIE) **1 SLICE PUMPKIN PIE (1/8 OF 9" PIE)**

CAL 806 SUG 54g FAT 25g CAL 265 SUG 27g FAT 9g