

CHRISTMAS RECIPE

Nutrition Tip

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CHRISTMAS APPETIZER

Pile your plate with garden salad to boost your vitamins and minerals intake. Enhance the taste with vinaigrette, which is naturally low-fat.

TIP# Use three parts vinegar to one part of olive oil to enhance the absorption of the fat-soluble vitamins.



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CHRISTMAS MAIN COURSE

Roast turkey is low in fat and high in protein. It is also a source of iron, zinc, phosphorus, potassium and B vitamins.

TIP# Remove the skin before tucking into your meal and save 30 calories



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CHRISTMAS COCKTAIL

Create your own healthy cocktail by using red wine and fruits. Red wine is a particularly rich source of antioxidants flavonoids.

TIP# Consume alcohol in moderation; 1 drink (4 oz) of wine a day to avoid weight gain due to empty calories



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CHRISTMAS DESSERT

Choose frozen yoghurt, which is about 40% lesser in calories and about 10g lesser in fat (per serving) than ice cream.

TIP# Boost your fiber and vitamin intake by adding fruits into the frozen yoghurt





Fancy something sweet?

The classic oatmeal cookie contains 50% higher fibre than a plain cookie



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