

## Nutrient-Rich Holiday Feasts from Soup to Nuts

Nutrient-rich foods are the best that nature has to offer – whole foods that deliver more nutrition than pills and supplements. With bright colors and delicious flavors, nutrient-rich foods are a gift on any holiday table. Calorie for calorie, they provide more of the nutrients you need to maintain your weight, enhance your health, and reduce your stress during this hectic time of year. Here are a dozen easy ways to add nutrient-rich foods to all your holiday feasts.

1. **SOUP:** Go for thick soups – like navy bean or roasted vegetable. For cream soups with less fat, use low-fat buttermilk.
2. **APPETIZERS:** Make it simple – broccoli trees and baby carrots with low-fat dip or refreshing sliced citrus fruit.
3. **SALAD:** So many festive options – like mixed greens with sliced pears, strawberries, dried cranberries and chopped walnuts.
4. **MEAT ENTREES:** For extra holiday flavor, rub a lean beef or pork roast with a mixture of your favorite herbs and spices.
5. **FISH ENTREES:** Salmon makes a super centerpiece for a feast – especially surrounded by snap peas and roasted red potatoes.
6. **POULTRY ENTREES:** Stuff all your holiday birds with whole grain breads or wild rice mixed with plenty of vegetables.
7. **VEGETABLES:** Add lots of nutrition value for little money with winter vegetables (beets, carrots, squash, pumpkin and yams).
8. **PASTA and RICE:** Whole grain pastas and brown rice mixtures add chewy textures, rich flavors and an extra serving of fiber.
9. **BREADS:** To pack a nutrition punch into your breadbasket, fill it with whole grains – rolls, breadsticks or crackers.
10. **DESSERTS:** Nutrient-rich desserts are easy – just start with a brightly colored fruit like cranberries, pineapple or oranges.
11. **FRUIT and CHEESE:** Or try a different finish to your feast with a flavorful cheese (like cheddar or Swiss) and crisp apple slices.
12. **NUTS:** As a snack or a healthy stocking stuffer, nuts are a popular treat. A handful is the perfect serving size!

