

Healthy Holiday Treats

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The holiday season is full of tempting treats that may not be so friendly on blood sugars. Foods that are laden with fat and carbohydrates that can send blood sugars on a rollercoaster ride for the rest of the day and into the night. As a result, “beep, BEEP,” the sound of your CGM is constantly keeping you awake—all too familiar?

That said, with the ever-present holiday treat lingering everywhere you go (cookie swaps, class parties, neighborhood get-togethers, the list goes on) the holiday season often has other ideas of “blood sugar control.” Find suggestions for simple swaps in your favorite holiday recipes below to cut down on fat and carbs.

- Cream based recipe? Consider swapping heavy cream for equal parts of 2% milk and half and half.
- Swap out sour cream for plain non-fat Greek yogurt: less fat, more protein.
- Go bananas: in place of butter or lard, use ripened, mashed bananas when baking. The riper they are, the more sweetness they add. This can be a two for one punch! Less fat, upping the sweetness and therefore needing less sugar!
- Switch refined flour for whole wheat flour; for each CUP used, you’ll add 14g of fiber and tons of vitamins and minerals!
- Consider using egg substitutes instead of the real deal, saving you some extra grams of fat.
- Craving chocolate? Cut the saturated fat and add more vitamins and minerals by using cocoa powder.
- (Un)sweeten the deal. Consider reducing the amount of sugar in the recipe OR experiment with using Splenda as a source of sweetness. Artificial sweeteners make you cringe? No, you don’t have to use the full amount suggested, but even using 75% sugar and 25% Splenda can make a difference!

Keep in mind, you don’t have to make ALL of the above “swaps” in every recipe to cut carbs and fat—after all, the goal isn’t to make your banana bread taste like cardboard. The key, rather, is to find a balance—maybe you only make one or two swaps per recipe. Regardless, the “everything in moderation” motto still holds true. From our family to yours—we wish you a happy, healthy, holiday season!