

First 5 Butte County offers:
**A Recipe for a Healthy
and Happy Holiday
Season**

from:



directions: The holidays bring together the best of ingredients - family, fun and food. However, traditional holiday dishes can often include added calories and sugar unfit for the entire family.

ingredients: First 5 Butte County provides the following simple food substitutions for preparing healthier dishes this holiday season and beyond.

instead of:

try:

Whole milk	1% or skim milk
Oil for baking	Plain applesauce
Oil or butter for sautéing	Cooking spray
1 Egg	2 Egg whites
White bread or rolls	Whole wheat bread or rolls
Butter to moisten meat and potatoes	Chicken broth

For more tips for healthy living, contact First 5 Butte County at 538-7964 or visit www.buttecounty.net/bccfc