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Five Easy Steps to Trim Calories from Your Family's Favorite Holiday Recipes

If you're worried about your waistline this holiday season, try these simple steps to trimming the calories and fat from your festive foods:

Try a low-fat or fat-free version. Almost all packaged ingredients like butter, cream, sour cream, and mayonnaise also come in a lower fat or fat-free version...

Consider substituting sugar. Studies have revealed that the average American eats the equivalent of 20 teaspoons of sugar a day (that statistic may not be surprising if you've ever watched your kids eat it straight from the sugar bowl!)...

Try a different kind of whip. Kids have a love affair with whipped cream—and admit it, you do, too! We add whipped cream to specialty coffee, hot chocolate, desserts like sundaes, pies, etc.

De-fattening your eggs. If you're making pies and cakes this holiday season, eggs are an integral ingredient on your baking list. If your guests have heart health concerns, or if you're just worried about your kid's dietary intake, try substituting one egg with two egg whites to cut down on fat and cholesterol.

Go skinless. It's not a holiday meal without the turkey! And believe it or not, turkey is considered a healthy food item on the holiday menu. In addition to being an excellent source of protein, turkey offers the least amount of fat per serving among all meats...

Provided by Gloria Tsang

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