

# Holiday Hints

## Eat Healthy During the Holiday Celebrations

(NAPSA)—Are you anxious about maintaining a healthy diet during the upcoming holiday festivities? The Cancer Research Foundation of America (CRFA) offers a few healthy eating tips for all those special occasions. A well-balanced diet and exercise can reduce your risk of cancer and other health problems!



- **Meat:** Choose leaner cuts of meat and trim the extra fat. Generally, the white meat on turkey is leaner than dark meat. Take the skin off before you eat.

- **Stuffing:** Substitute cranberries, raisins or apricots for half of the meat for your stuffing.

- **Gravy:** Reduce fat in your gravy by making it from low-fat broth rather than meat drippings. Pour the fat off the drippings if you choose to use them for your gravy.

- **Vegetables:** Help yourself to two or three servings of steamed or baked vegetables, and avoid heavy sauces or butter. Use spices to enhance the flavor. Add a salad as a side dish.

- **Dessert:** Serve yourself a smaller portion of dessert, and choose those lower in fat.

- **Beverages:** Choose mulled wine or cider in place of eggnog.

For more healthy living information, visit CRFA's Web site at [www.preventcancer.org](http://www.preventcancer.org).