

# Guilt-free holiday eating

*This month it's all about the sugar cookies. But you can eat up without regret if you follow this advice from Jackie Newgent, R.D., a New York City nutritionist.*



## Eat this... ...or all this



Twelve potato chips with 3 tablespoons French onion dip (230 calories, 17 grams fat)



Ten large shrimp with 1½ tablespoons cocktail sauce, 2 small baked clams, 5 baby carrots and ¼ cup broccoli with 2 tablespoons ranch dip, and 3 sweet 'n' sour meatballs (230 calories, 8 grams fat)

**LESSON:** Trade high-fat fried munchies like chips for baked appetizers and low-cal dippers like shrimp and veggies.

## Eat this... ...or all this



Three ounces turkey-leg meat and 1 cup stuffing (530 calories, 26 grams fat)



Four ounces lean hickory-smoked ham, 1 cup mashed potatoes made with milk and butter, ½ cup asparagus and 1 large handful M&M's (530 calories, 20 grams fat)

**LESSON:** Ham is a leaner choice than dark turkey meat. And if you choose your sides wisely, you'll get your chocolate fix.

## Eat this... ...or all this



One grande (16-ounce) Starbucks eggnog latte with whipped cream (510 calories, 29 grams fat)



One 8-ounce cappuccino made with whole milk, 1 slice of chocolate cake with chocolate frosting and 3 chocolate-covered toffee pieces (460 calories, 24 grams fat)

**LESSON:** Just because you drink it doesn't mean it's low-cal. The supersize latte is just as fattening as a coffee and a serious dessert.

## Eat this... ...or all this



Three frosted sugar cookies (483 calories, 21 grams fat)



Six sugar cookies with sprinkles (444 calories, 20 grams fat)

**LESSON:** Frosting packs tons of sugary calories. Go for sprinkles instead and you can have twice as many cookies! —JEANINE POGGI

▶▶ **HEALTH QUICKIE** Pumpkin pie tops apple—you save 100 calories a slice and get almost all your daily vitamin A.