

Hanukkah Tips

*First and foremost are the latkes:

-They do not have to be made with white potatoes alone - try mixing in or switching completely to sweet potatoes, parsnips, red beets, apples, carrots, and more. Adding these vegetables or fruits will add not only color, but extra nutrients too.

-You do not have to deep fry latkes. Spray a non-stick pan with cooking spray. Once hot, add the latkes. Spray them again on top, so both sides get crispy. Then finish them off in the oven to desired crispiness, without all that extra oil fat and calories.

-Use applesauce, low fat sour cream, or fat free greek yogurt as your topping.

1 tablespoon of applesauce = 7 calories, 0 fat

1 tablespoon of fat free greek yogurt, plain = 17 calories, 0 fat

1 tablespoon of low fat sour cream = 20 calories, ~1 gram fat

1 tablespoon of regular sour cream = 30 calories, 2.5 grams fat

-If you are not the maker of the latkes, have one, enjoy every bit with a low calorie topping

*Jelly donuts - A very old tradition, which need not exist today! Skip them. Have a delicious Honey Crisp apple instead:

1 jelly donut = 210 calories, 8 grams fat

1 honey crisp apple = 130 calories, 0 grams fat

*Stick with your usual meals and snacks before a gathering. Going extra hungry will only create more of a food challenge for yourself.

*Keep your plate perfect at all gatherings - 50% non-starchy veggies, 25% lean protein, 25% carbs (including latkes:).

Enjoy the Festival of Lights with family and friends, but keep it try to keep it "lighter"...8 days can include a lot of celebrating!