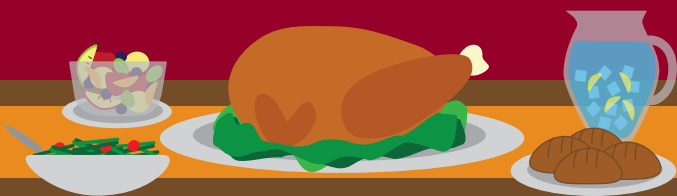


HOLIDAY MAKEOVER



The holidays are a time for gathering with friends and family, and yes—lots of good food!

Rather than the traditional dishes that can be loaded with fat, sugar, and sodium, try making a few swaps with these healthy alternatives.

*Educational content provided by
UGA Extension in Thomas County.*

EAT BETTER. LIVE BETTER.

Wellness Wednesday

TRY HEALTHY ALTERNATIVES THIS YEAR!

INSTEAD OF

TRY THIS

Mashed
Potatoes

Mashed cauliflower +
parmesan cheese

Sweet
Potato Fluff

Sweet potato + egg +
cinnamon + vanilla topped
with toasted pecans + a
sprinkle of brown sugar

Squash
Casserole

Roasted acorn squash +
apples

Apple Pie

Baked apples with
cranberries + nuts

Green Bean
Casserole

Sautéed green beans +
toasted walnuts

This message is brought to you by Live Better and our partner Hands On Thomas County.



Live Better is an Archbold Medical Center-led collaborative of key community leaders and partners focused on improving the overall health of citizens in Thomas County.