

Healthy Holiday Food Swaps

Avocado



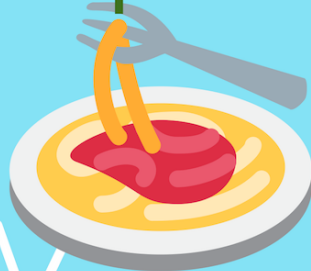
Swapping avocado for mayonnaise works in most recipes including egg and chicken salad.

Cauliflower



Swapping cauliflower for rice and using it in crusts makes a great holiday food swap.

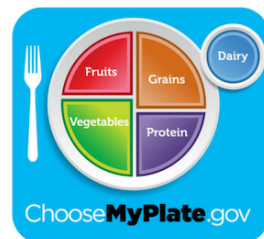
Squash



Swapping squash for pasta gives you more nutrients and fiber.

Remember to make 1/2 of your grains whole and 1/2 of your plate fruits and vegetables.

Drink plenty of water to stay hydrated this holiday season!



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