It’s that time of year when you and your family are inspired to cook your favorite comfort foods or sweet treats. But these high-calorie dishes can add up to holiday love handles. Thankfully, there are few simple tricks to turn any traditional recipe into a lower-calorie health food that’s still delicious.

Here are some easy ways to give your homemade dishes a healthy makeover. Try these out to help you manage your weight – all season long.

**Your Tips:**

- **Go low**
  Swap low- or nonfat Greek yogurt for sour cream in dips, appetizers, and casseroles. Also, instead of full-fat cheeses, choose low-fat cheese.

- **Bring backup**
  Be sure to bring your favorite healthy dish to the party. That way, if you don’t see anything healthy to eat, you’ve got your dish to help you stay on track.

- **Brighten up**
  Replace one heavy starch dish with a fresh fruit, bright vegetable dish – such as mixed greens or roasted asparagus.

**Your UCI Resources:**

- Explore the [Healthy Recipes](http://www.wellness.uci.edu/facultystaff/maintaindontgain.html) provided by UC Irvine Health and search by Dietary Consideration and Food Category.

- Improve your cooking skills. Plan on taking an [ARC Cooking Class](http://www.wellness.uci.edu/facultystaff/maintaindontgain.html) in the new year and learn how to create something new.

- Want fewer calories, less fat, whole grain, vegetarian or vegan choices? [Nutrition Highlights](http://www.wellness.uci.edu/facultystaff/maintaindontgain.html) make better-for-you choices easy to find when you are eating on Campus.

View a past UCI Wellness workshop: [Healthy Holiday Cooking](http://www.wellness.uci.edu/facultystaff/maintaindontgain.html)

Download a recipe created by UCI Campus Recreation Chef Jessica: [Detox Salad](http://www.wellness.uci.edu/facultystaff/maintaindontgain.html)

Watch a recorded EAP webinar: [Mindfulness: Being Present in Your Work and Life](http://www.wellness.uci.edu/facultystaff/maintaindontgain.html)