



The Food Cop's Holiday Guide

POTATOES

Mashed potatoes are a staple in holiday meals; however, potatoes with the skin are much more nutritious.

Potatoes with the skin on are a great source of fiber and potassium, and contain almost half the daily value of Vitamin C.

Turkey Tips

Follow these steps to help prevent foodborne illness:

- Turkeys should be thawed in its original wrapper (unopened) in the refrigerator, and cooked within three to four days of purchase. Do not thaw turkeys at room temperature.
- Stuffing should be cooked separately from turkey, not inside the turkey. When stuffing is cooked inside the turkey, the stuffing acts as insulation, which prevents heat from getting to the center of the turkey — as a result, the stuffing might not get cooked all the way through.

Turkey vs. Ham

Use this comparison to help decide which to serve!

	TURKEY	HAM
Serving size	4 oz. (dark meat, roasted, meat & skin)	3 oz. (cured, boneless, extra lean & regular, roasted)
Calories	206	140
Total Fat	8 g	6.5 g
Saturated Fat	2.4 g	2.2 g
Cholesterol	132 mg	48 mg
Sodium	86 mg	1177 mg
Total Carbs.	0	0.4 g
Dietary Fiber	0	0
Sugars	0	0
Protein	31.3 g	18.7 g
Calcium	30.5 mg	6.8 mg
Potassium	268 mg	308 mg

Cranberry sauce is not only a great way to add some color to your plate, but it's low in fat and calories as well!

Cranberries and cranberry sauce are also a great substitute for gravy.