

Healthy alternatives to your favorite holiday meals

You can still enjoy your holiday favorites in moderation while keeping your potassium, phosphorus, and sodium in check. These simple swaps make it easy to celebrate and stay healthy.

Instead of	Try
Ham	Lower sodium options like roasted pork, turkey, roast beef, or chicken
Canned or jarred gravy	Making homemade gravy to reduce sodium
Green bean casserole	Steamed green beans as a healthy alternative
Roast turkey rubbed with heavy salt	Roast turkey rubbed with natural herbs and spices
Stuffing from a box	Making stuffing from scratch to reduce or remove high-sodium ingredients
Pecan, pumpkin, or sweet potato pie	Lower potassium pie like apple, berry, peach, cherry, or lemon meringue. Top with non-dairy whipped topping.



TIP: “Leaching” potatoes before using them will lower the potassium content. Peel and cut potatoes into the smallest pieces you can, cover with fresh water (use twice as much water as potatoes), and bring to a boil. Next, drain the water, add twice as much fresh water again, and boil a second time.



We are here to help

We are here to support you along the way. Reach out if you need more tips to stay healthy during the holidays.