

Charcuterie cheer: Crafting healthy and tasty holiday boards

Run time - :32

ANCHOR LEDE:

A charcuterie [shar-KOO-tuh-ree] board can be a staple of any holiday gathering. But you should try for a balance of tasty and healthy. Tim Ditman of OSF HealthCare has more.

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OSF dietitian Carly Zimmer says make produce the star, but don't let one item dominate.

### \*\*\*SOUNDBITE\*\*\*

**Carly Zimmer**  
**OSF HealthCare dietitian**

**"Think about the MyPlate visual from the USDA. Half of your plate is fruits and vegetables. A quarter is protein. A quarter is grains." (:13)**

Zimmer says to prepare as much at home as possible so you know exactly what you're eating. But if you go to the store, look for whole grain, low-fat, low-sodium, or low added sugar options.

I'm Tim Ditman.

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ANCHOR TAG:

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