

Charcuterie cheer: Crafting healthy and tasty holiday boards

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.

TAKE VO

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

SOT

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. It’s a good visual to think about when making these charcuterie boards.” (:13)

VO TAG

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.

Visit the OSF Newsroom for more tips and healthy recipes for your holiday party.