

Charcuterie cheer: Crafting healthy and tasty holiday boards

*****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)

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OSF HealthCare dietitian

"If we can balance that with the amount of salt in the other foods, I'm OK with including pickles and olives. It helps get different flavors like sweet, salty and spicy." (:14)

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"With whole grains, you're getting more fiber. It helps keep you full." (:06)

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"Another suggestion is to make sure the meats are thinly sliced. So if you do have a piece, it's not quite as much." (:09)

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"Homemade is always a good option because you are in control of what and how much of each ingredient goes in. However, it's not always feasible during a busy holiday season. So, if you do go store-bought, look at nutrition labels. Look for reduced sodium or less added sugar." (:22)