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Healthy Appetizers and Party Foods

Quick & Easy Ideas

- Shrimp Cocktail
- Fresh fruit tray
- Fresh veggie tray
- Grilled veggie tray
- Fruit and cheese
- Edamame
- Mixed nuts
- Grilled chicken (boneless, skinless), shrimp, or lean beef and veggie kabobs
- Bruschetta
- Hummus
- Guacamole
- Fresh Salsa

Black Bean Dip (The Essential EatingWell Cookbook 2004)

Serves 6

- 15 oz can black beans, rinsed
- ½ cup prepared salsa, hot or mild
- 2 tbsp fresh lime juice
- 2 tbsp chopped fresh cilantro
- ¼ tsp ground cumin
- Salt & freshly ground pepper, to taste

Combine black beans, salsa, lime juice, cilantro and cumin in a food processor. Process until smooth. Season with salt and pepper.

Nutrition Information (*per ¼ cup serving*): 68 cal, 0 g fat, 0 g saturated fat, 12 g carb, 4 g fiber, 4 g protein, 212 mg sodium

Chile con Queso (EatingWell Magazine, January/February 2009)

Serves 16

- 2 tsp extra virgin olive oil
- 1 medium onion, chopped
- 2 cloves garlic, minced
- ½ cup pale ale, or other light-colored beer
- 1½ cups low-fat milk, divided
- 3 tbsp cornstarch
- 1¾ cups shredded sharp Cheddar
- 10 oz can diced tomatoes with green chiles
- 2 tbsp lime juice
- 1 tsp salt
- 1 tsp chili powder
- Cayenne pepper, to taste (optional)
- ¼ cup sliced scallions
- 2 tbsp chopped fresh cilantro

1. Heat oil in a large saucepan over medium heat. Add onion and garlic and cook, stirring, until soft and beginning to brown, 4 to 5 minutes. Add beer and cook until reduced slightly, about 1 minute. Add 1 cup milk and bring to a simmer.
2. Meanwhile, whisk the remaining 1/2 cup milk and cornstarch in a small bowl. Add to the pan and cook, stirring vigorously, until bubbling and thickened, 1 to 2 minutes. Reduce heat to low, add cheese and cook, stirring, until melted. Stir in drained tomatoes, lime juice, salt, chili powder and cayenne. Serve warm, garnished with scallions and cilantro.

Nutrition Information (*per 1/4 cup serving*): 84 calories, 5 g fat, 3 g saturated fat, 5 g carb, 0 g fiber, 4 g protein, 307 mg sodium

Buffalo Chicken Dip (www.skinnytaste.com)

Serves 9

- 4 oz reduced-fat cream cheese, softened
- 1 cup fat-free sour cream
- 1/2 cup Franks hot sauce
- 1/2 cup crumbled blue cheese
- 1 tsp white wine vinegar
- 2 cups (14 oz raw) cooked shredded chicken (boneless, skinless breast)

Mix cream cheese, sour cream, hot sauce, blue cheese and vinegar together until smooth. Add the chicken and simmer on the stove over low heat for 30 minutes OR cook in crock pot on low for 3-4 hours. Serve warm.

Nutrition Information (*per 1/3 cup serving*): 108 cal, 5 g fat, 5 g carb, 0 g fiber, 10 g protein

Spinach Artichoke Dip (www.theyummylife.com)

Serves 20

- 2 - 14 oz cans artichoke hearts, drained and coarsely chopped
- 10 oz package frozen spinach, thawed, drained and squeezed dry
- 1 cup shredded part-skim mozzarella cheese
- 1/4 cup grated Parmesan cheese
- 1 cup low-fat Greek yogurt
- 8 oz 1/3-less-fat cream cheese, softened and cut in 1/2" cubes
- 8 oz fat-free cream cheese, softened and cut in 1/2" cubes
- 4 cloves garlic, minced
- 1/2 tsp crushed red pepper flakes
- 1/2 tsp ground black pepper
- 1/2 red bell pepper, diced for garnish (optional)

SLOW COOKER METHOD: Coat the slow cooker with cooking spray. Add all ingredients except the red bell pepper. Stir to combine, cover and cook until heated through. 1.5 to 2 hours on high,

3 to 4 hours on low. To serve, sprinkle cooked dip with diced red pepper, if desired.

OVEN METHOD: Preheat oven to 350 degrees. Set aside half of mozzarella and parmesan cheeses. In a large bowl, stir together all remaining ingredients but the red bell pepper. Spoon mixture into greased or sprayed 1.5 to 2 quart baking dish. Sprinkle top with remaining cheeses. Bake uncovered for 25-30 minutes or until bubbly and golden. To serve, sprinkle cooked dip with diced red pepper, if desired.

Nutrition Information (*per ¼ cup serving*): 72 cal, 3 g fat, 6 g carb, 2 g fiber, 5 g protein

Healthy Dippers

- Bell pepper strips
- Baby carrots
- Celery sticks
- Cucumber slices
- Whole wheat pita bread or pita chips
- Whole grain/flax tortilla chips and crackers

Deviled Eggs (EatingWell Magazine, May/June 2009)

Serves 24

- 12 large hard-boiled eggs, peeled
- 1/3 cup nonfat cottage cheese
- 1/4 cup low-fat mayonnaise
- 3 tbsp minced fresh chives or scallion greens
- 1 tbsp sweet pickle relish
- 2 tsp yellow mustard
- 1/8 tsp salt
- Paprika for garnish

1. Halve eggs lengthwise with a sharp knife. Gently remove the yolks. Place 16 yolk halves in a food processor (discard the remaining 8 yolk halves). Add cottage cheese, mayonnaise, chives (or scallion greens), relish, mustard and salt; process until smooth.
2. Spoon about 2 tsp yolk mixture into each egg white half. Sprinkle with paprika, if desired.

Nutrition Information (*per serving*): 34 cal, 2 g fat, 1 g saturated fat, 1 g carb, 0 g fiber, 3 g protein, 85 mg sodium

Pita Pizzas (www.weightwatchers.com)

Serves 4

- 2 large whole wheat pitas, pocketless
 - 2 large plum tomatoes, thinly sliced
 - ¼ tsp salt
 - 2 tbsp fresh basil, chopped
 - 2 tsp olive oil
 - 2 cloves garlic, minced
 - 1/3 cup part-skim mozzarella cheese, shredded
1. Preheat the oven to 400 degrees. Spray a large nonstick baking sheet with nonstick cooking spray. Place the pitas on the baking sheet.
 2. In a small bowl, mix the tomatoes and salt; stir in the basil, oil and garlic. Top the pitas with tomato mixture, drizzling any liquid in the bowl over the toppings. Bake until the tomatoes are hot and softened, about 8 minutes. Sprinkle with the cheese; bake until the cheese is melted, about 3 minutes longer. Cut the pitas in half before serving.

Nutrition Information (*per serving*): 121 cal, 4 g fat, 1 g saturated fat, 17 g carbs, 3 g fiber, 5 g protein, 280 mg sodium

Black Bean Quesadillas (EatingWell Magazine, July/August 2010)

Serves 4

- 15 oz can black beans, rinsed
 - ½ cup shredded Monterey Jack cheese, preferably pepper Jack
 - ½ cup prepared fresh salsa, divided
 - 4 8-inch whole-wheat tortillas
 - 2 tsp canola oil, divided
 - 1 ripe avocado, diced
1. Combine beans, cheese and ¼ cup salsa in a medium bowl. Place tortillas on a work surface. Spread ½ cup filling on half of each tortilla. Fold tortillas in half, pressing gently to flatten.
 2. Heat 1 tsp oil in a large nonstick skillet over medium heat. Add 2 quesadillas and cook, turning once, until golden on both sides, 2 to 4 minutes total. Transfer to a cutting board and tent with foil to keep warm. Repeat with the remaining 1 tsp oil and quesadillas. Serve the quesadillas with avocado and the remaining salsa.

Nutrition Information (*per serving*): 377 cal, 16 g fat, 5 g saturated fat, 46 g carb, 10 g fiber, 13 g protein, 679 mg sodium

Boneless Buffalo Wings (EatingWell Magazine, January/February 2007)

Serves 8 (2 “wings”, ½ cup vegetables, and 2 tbsp dip each)

Spicy Blue Cheese Dip

- 2/3 cup reduced-fat sour cream
- 2/3 cup crumbled blue cheese
- 1 tbsp distilled white vinegar
- 1/4 tsp cayenne pepper

Wings & Vegetables

- 3 tbsp nonfat buttermilk
- 3 tbsp hot sauce, divided
- 3 tbsp distilled white vinegar, divided
- 2 lbs chicken tenders (see Ingredient Note)
- 6 tbsp whole-wheat flour
- 6 tbsp cornmeal
- 1/2 tsp cayenne pepper
- 2 tbsp canola oil, divided
- 2 cups carrot sticks
- 2 cups celery sticks

1. To prepare dip: Whisk sour cream, blue cheese, 1 tbsp vinegar and 1/4 tsp cayenne in a small bowl. Cover and refrigerate until ready to serve.
2. To prepare wings: Whisk buttermilk, 2 tbsp hot sauce and 2 tbsp vinegar in a large bowl until combined. Add chicken; toss to coat. Transfer to the refrigerator and let marinate for at least 10 minutes or up to 1 hour, stirring occasionally.
3. Meanwhile, whisk flour and cornmeal in a shallow dish. Whisk the remaining 1 tbsp hot sauce and 1 tbsp vinegar in a small bowl; set aside.
4. Remove the chicken from the marinade and roll in the flour mixture until evenly coated. (Discard remaining marinade and flour mixture.) Sprinkle both sides of the chicken with cayenne pepper.
5. Heat 1 tbsp oil in a large nonstick skillet over medium-high heat. Add half the chicken, placing each piece in a little oil. Cook until golden brown and cooked through, 3 to 4 minutes per side. Transfer to a serving platter. Repeat with the remaining 1 tbsp oil and chicken, reducing the heat if necessary to prevent burning. Transfer to the platter. Drizzle the chicken with the reserved hot sauce mixture. Serve with carrots, celery and Spicy Blue Cheese Dip.

Ingredient note: Chicken tenders, virtually fat-free, are a strip of rib meat typically found attached to the underside of the chicken breast, but they can also be purchased separately. Four 1-ounce tenders will yield a 3-ounce cooked portion

Nutrition Information (*per serving*): 256 cal, 10 g fat, 4 g saturated fat, 12 g carb, 2 g fiber, 31 g protein, 353 mg sodium

Baked Mozzarella Sticks (www.skinnytaste.com)

Serves 12

- 12 sticks part-skim, reduced sodium mozzarella string cheese
 - 1 large egg, beaten
 - 2 tbsp flour
 - 5 tbsp Italian seasoned breadcrumbs
 - 5 tbsp panko crumbs
 - 2 tsp parmesan cheese
 - 1 tbsp dried parsley
 - olive oil cooking spray
1. Cut each cheese stick in half so you have 24 pieces. Place cheese in freezer until frozen.
 2. In a small bowl, whisk the egg. Place the flour on another small dish. In a separate bowl, combine bread crumbs, panko, parmesan cheese and dried parsley.
 3. Dip the frozen sticks in flour, shaking off excess, then into the egg, then coat with the crumbs. Place coated stick on a tray with wax paper. Place cheese back into freezer until ready to bake (otherwise the cheese will melt before the breading gets golden).
 4. When ready to bake, preheat oven to 400 degrees. Line a baking sheet with aluminum foil and lightly spray with cooking spray.
 5. Place frozen cheese sticks on baking sheet. Spray the tips of the mozzarella sticks with cooking spray and bake in the bottom third of your oven until crisp, about 4 to 6 minutes. Turn and bake an additional 4-5 minutes, watching closely so they don't melt.

Nutrition Information (*per 2 pieces*): 87 cal, 5 g fat, 4 g carb, 0 g fiber, 7 g protein, 167 mg sodium

Chicken Chili (Prevention Magazine, March 2013)

Serves 4

- 2 tsp olive oil
 - 1 large onion, chopped
 - 2 tbsp minced garlic
 - 2 tbsp chili powder
 - 1½ tsp ground cumin
 - 10 oz package frozen kale
 - 10 oz package frozen corn (about 2 cups)
 - 2 cups shredded cooked chicken (boneless, skinless breast meat)
 - 14.5 oz can fire-roasted diced tomatoes
 - 15 oz can white beans, rinsed and drained
 - Avocado, red onion, cilantro for garnish (optional)
1. Heat oil in Dutch oven over medium heat. Add onion and cook, stirring, until softened, about 4 minutes. Add garlic, chili powder, and cumin and cook, stirring, 1 minute.

2. Stir in remaining ingredients (except garnishes) and 2.5 cups water. Simmer, uncovered, until kale and corn are tender and chili is slightly thickened, about 15 minutes. Ladle into bowls and garnish as desired.

Nutrition Information (*per serving*): 339 cal, 7.5 g fat, 1.5 g saturated fat, 40 g carb, 8 g fiber, 30 g protein, 376 mg sodium

Healthy Salads

Macaroni Salad (EatingWell Magazine, July/August 2011)

Serves 12

- 3 cups whole-wheat elbow noodles (14- to 16-ounce package)
 - 3/4 cup low-fat mayonnaise
 - 3/4 cup reduced-fat sour cream
 - 2 tsp sugar
 - 1 tsp salt
 - 3/4 tsp celery seed
 - Freshly ground pepper to taste
 - 3 stalks celery, finely chopped
 - 3 carrots, shredded
 - 1 small Vidalia or other sweet onion, finely chopped
 - 1 cup baby spinach, chopped
 - 3/4 cup frozen edamame, thawed
 - 1/3 cup shredded mild Cheddar cheese
1. Cook noodles in a large pot of boiling water until tender, 8 to 10 minutes or according to package directions. Drain. Transfer to a large bowl to cool for at least 15 minutes.
 2. Combine mayonnaise, sour cream, sugar, salt, celery seed and pepper in a small bowl.
 3. When the noodles have cooled, add celery, carrots, onion, spinach, edamame and the mayonnaise mixture; stir well to combine.
 4. Cover and refrigerate until cold, at least 2 hours. Taste and adjust seasoning with salt and pepper, if desired. Sprinkle with cheese just before serving.

Nutrition Information (*per 1 cup serving*): 190 cal, 7 g fat, 2 g saturated fat, 28 g carb, 3 g fiber, 7 g protein, 366 mg sodium

Summer Potato Salad (EatingWell Magazine)

Serves 10

- 2 large heads garlic
- 3 pounds medium red potatoes, cut into 1-inch pieces
- 1 tbsp white-wine vinegar
- 1/3 cup low-fat mayonnaise
- 1/3 cup nonfat plain yogurt
- 2 tbsp Dijon mustard

- 1/2 tsp salt, divided
 - Freshly ground pepper, to taste
 - 4 large hard-boiled eggs, peeled, divided
 - 1 cup chopped celery
 - 4 oz jar sliced pimientos, rinsed
 - 3 oz can pitted black olives, (1/2 cup), rinsed and chopped
 - 2 tbsp chopped fresh parsley
 - 2 tbsp chopped fresh chives, or scallion greens
 - Paprika, for garnish
 - Chives, or parsley sprigs for garnish
1. Preheat oven to 400 degrees. Remove loose papery skin from garlic, without separating the cloves. Slice the tips off each head, exposing the cloves. Wrap the heads in foil. Roast until the cloves are very soft, about 40 minutes. Unwrap the garlic and let cool slightly.
 2. Meanwhile, place potatoes in a large saucepan and cover with water. Bring to a boil. Cover and cook over medium heat until tender, 7 to 9 minutes. Drain well and transfer to a large bowl. Toss gently with vinegar; let cool.
 3. When the garlic is cool enough to handle, squeeze the cloves out of their skins into a food processor or blender. Add mayonnaise, yogurt and mustard; blend until smooth. Season with 1/4 tsp salt and pepper.
 4. Add the dressing to the potatoes and toss to coat. Finely chop 3 hard-boiled eggs and add to the potatoes along with celery, pimientos, olives, parsley, chives (or scallion greens), the remaining 1/4 tsp salt and pepper. Stir gently to mix. Transfer to a serving dish and sprinkle with paprika. Slice the remaining egg and arrange the slices decoratively on top. Garnish with chives (or parsley sprigs).

Nutrition Information (*per serving*): 161 cal, 4 g fat, 1 g saturated fat, 27 g carb, 3 g fiber, 6 g protein, 347 mg sodium

Garden Pasta Salad (EatingWell for a Healthy Heart Cookbook 2008)

Serves 6

- 2 cups whole-wheat rotini, (6 ounces)
- 1/3 cup reduced-fat mayonnaise
- 1/3 cup low-fat plain yogurt
- 2 tbsp extra-virgin olive oil
- 1 tbsp red-wine vinegar, or lemon juice
- 1 clove garlic, minced
- 1/8 tsp salt
- Freshly ground pepper, to taste
- 1 cup cherry or grape tomatoes, halved
- 1 cup diced yellow or red bell pepper, (1 small)
- 1 cup grated carrots, (2-4 carrots)
- 1/2 cup chopped scallions, (4 scallions)

- 1/2 cup chopped pitted kalamata olives
 - 1/3 cup slivered fresh basil
1. Bring a large pot of lightly salted water to a boil. Cook pasta, stirring occasionally, until just tender, 8 to 10 minutes, or according to package directions. Drain and refresh under cold running water.
 2. Whisk mayonnaise, yogurt, oil, vinegar (or lemon juice), garlic, salt and pepper in a large bowl until smooth. Add the pasta and toss to coat. Add tomatoes, bell pepper, carrots, scallions, olives and basil; toss to coat well.

Nutrition Information (*per 1 cup serving*): 205 cal, 9 g fat, 2 g saturated fat, 29 g carb, 4 g fiber, 6 g protein, 291 mg sodium

Egg Salad (EatingWell Magazine, March/April 2012)

Serves 4

- 3 tbsp nonfat plain yogurt
 - 3 tbsp low-fat mayonnaise
 - 2 tsp mustard
 - 1/4 tsp freshly ground pepper
 - 1/8 tsp salt
 - 8 hard-boiled eggs
 - 1/2 cup thinly sliced celery
 - 1/4 cup chopped sweet gherkin pickles
 - 3 tbsp chopped sweet onion
1. Combine yogurt, mayonnaise, mustard, pepper and salt in a medium bowl.
 2. Halve eggs and discard 4 of the yolks. Add whites and the remaining 4 yolks to the bowl and mash to desired consistency. Gently stir in celery, gherkins and onion.

Nutrition Information (*per 3/4 cup serving*): 132 cal, 7 g fat, 2 g saturated fat, 6 g carb, 0 g fiber, 11 g protein, 396 mg sodium

Coleslaw (The Essential EatingWell Cookbook 2004)

Serves 6

- 3 tbsp reduced-fat mayonnaise
- 3 tbsp nonfat plain yogurt
- 1 tbsp Dijon mustard
- 2 tsp cider vinegar
- 1 tsp sugar
- 1/2 tsp caraway seed, or celery seed (optional)
- Salt & freshly ground pepper, to taste
- 2 cups shredded red cabbage
- 2 cups shredded green cabbage
- 1 cup grated carrots

Combine mayonnaise, yogurt, mustard, vinegar and sugar in a large bowl. Add caraway seed (or celery seed), if using. Season with salt and pepper. Add cabbage and carrots and toss well.

Nutrition Information (per $\frac{3}{4}$ cup serving): 49 cal, 2 g fat, 0 g saturated fat, 7 g carb, 2 g fiber, 1 g protein, 153 mg sodium

Healthy Desserts

Quick & Easy Dessert Ideas

- Fresh fruit
- Plain frozen yogurt with fresh fruit and dark chocolate chips
- Dark chocolate covered strawberries or bananas
- Yonanas™ (www.yonanas.com)

Maple-Cinnamon Applesauce (EatingWell Magazine, September/October 2009)

Serves 7

- 6 McIntosh or other tart apples, peeled and cut into 1-inch pieces
- 2 Golden Delicious or other sweet apple, peeled and cut into 1-inch pieces
- $\frac{1}{4}$ cup water
- 2 tbsp pure maple syrup
- $\frac{1}{2}$ tsp ground cinnamon

Combine apple pieces and water in a large saucepan. Bring to a boil, then reduce heat to maintain a simmer. Cover and cook, stirring once or twice, until the apples are very soft and falling apart, about 30 minutes. Mash the apples to the desired consistency and stir in maple syrup and cinnamon.

Nutrition Information (per $\frac{1}{2}$ cup serving): 77 cal, 0 g fat, 0 g saturated fat, 20 g carb, 2 g fiber, 0 g protein, 1 mg sodium

Baby Tiramisu (EatingWell Magazine, January/February 2009)

Serves 6

- $\frac{1}{2}$ cup nonfat ricotta cheese
- 2 tbsp confectioners' sugar
- $\frac{1}{2}$ tsp vanilla extract
- $\frac{1}{8}$ tsp ground cinnamon
- 12 ladyfingers
- 4 tbsp brewed espresso, or strong coffee, divided
- 2 tbsp bittersweet chocolate chips, melted

1. Combine ricotta, sugar, vanilla and cinnamon in a medium bowl.

2. Place 6 ladyfingers in a 9-by-5-inch (or similar size) loaf pan. Drizzle with 2 tbsp espresso (or coffee). Spread the ricotta mixture over the ladyfingers. Place another layer of ladyfingers over the ricotta and drizzle with the remaining 2 tbsp espresso (or coffee). Drizzle with melted chocolate. Refrigerate until the chocolate is set, about 30 minutes.

Nutrition Information (*per serving*): 107 cal, 2 g fat, 1 g saturated fat, 18 g carb, 0 g fiber, 3 g protein, 125 mg sodium

Quick Mini Chocolate Cheesecakes (EatingWell Magazine, January/February 2010)

Serves 12

- ¼ cup semisweet or bittersweet chocolate chips, melted
- ½ cup part-skim ricotta cheese
- 12 chocolate wafer cookies
- 1 tbsp 100% fruit jam, such as raspberry or cherry

Combine melted chocolate and ricotta in a small bowl. Spoon a scant 1 tbsp of the mixture on each chocolate wafer and top with 1/4 tsp jam.

Nutrition Information (*per serving*): 61 cal, 3 g fat, 1 g saturated fat, 8 g carb, 0 g fiber, 2 g protein, 48 mg sodium

Peanut Butter & Pretzel Truffles (EatingWell Magazine, January/February 2010)

Serves 20

- ½ cup crunchy natural peanut butter
 - ¼ cup finely chopped salted pretzels
 - ½ cup milk chocolate chips, melted
1. Combine peanut butter and pretzels in a small bowl. Chill in the freezer until firm, about 15 minutes.
 2. Roll the peanut butter mixture into 20 balls (about 1 tsp each). Place on a baking sheet lined with parchment or wax paper and freeze until very firm, about 1 hour.
 3. Roll the frozen balls in melted chocolate. Refrigerate until the chocolate is set, about 30 minutes.

Nutrition Information (*per truffle*): 64 cal, 4 g fat, 1 g saturated fat, 5 g carb, 1 g fiber, 2 g protein, 53 mg sodium

Chocolate Nut Bark (EatingWell Magazine, January/February 2010)

Serves 36

- 2 cups semisweet, bittersweet or milk chocolate chips, melted
- 1½ cups assorted nuts, such as hazelnuts, almonds, and cashews, plus more for garnish

1. Line a rimmed baking sheet with foil, being careful to avoid wrinkles. Combine melted chocolate and nuts in a medium bowl. Scrape the mixture onto the foil and spread it into an approximate 12-by-9-inch rectangle. Sprinkle with additional finely chopped nuts, if desired. Refrigerate until set, about 20 minutes.
2. Transfer the bark and foil to a cutting board. Use a sharp knife to cut into 1½ inch pieces.

Nutrition Information (*per piece*): 74 cal, 5 g fat, 2 g saturated fat, 7 g carb. 1 g fiber, 1 g protein, 1 mg sodium

Lower Calorie Beverages

- Water or club soda flavored with fresh lemon, lime, and/or strawberries
- Homemade iced tea (black, green, or herbal)
- Light beer such as Michelob Ultra (95 cal), Miller Genuine Draft 64 (64 cal), or Budweiser Select 55 (55 cal)
- Red wine (125 cal per 5 oz serving)
- White wine spritzer – 2 oz club soda and 4 oz white wine (100 cal per serving)
- Vodka or Gin (1.5 oz) with club soda or diet tonic flavored with lemon or lime (96 cal per serving)

*Remember to always drink alcohol in moderation – 1 drink per day for women; 2 drinks per day for men.

