

THE BEST AND WORST HOLIDAY FOODS

6. Worst Classic Holiday Drink: Egg Nog



350 calories, 19 g fat, 22 g sugars

With or without added liquor, it's no surprise egg nog is on the "naughty" list: the primary ingredients are milk, cream, and eggs. Hot chocolate is just as tasty with nearly one-third of the calories. But beware, cups of hot chocolate from national outlets like Starbucks and Caribou Coffee can be twice as treacherous as the homemade version. Stick with the homemade hot chocolate, instead.

DRINK THIS INSTEAD!

Hot Chocolate

120 calories

4 g fat

15 g sugars

5. Worst Holiday Appetizer: Crab Cakes



400 calories, 19 g fat

This is what happens when crab is bound in mayo, rolled in breadcrumbs, and dropped into a vat of bubbling fat: you end up with a single, cake that packs more calories than three dozen shrimp. Opt for the shrimp cocktail, but keep your dipping under wraps; most cocktail sauces are light in calories, but loaded with sodium.

EAT THIS INSTEAD!

Shrimp Cocktail (12 shrimp)

165 calories, 1 g fat

4. Worst Holiday Party Cocktail: Gin and Tonic



210 calories, 22 g sugars

You may be shocked to see the light-tasting G&T on this list, but the sad truth is that tonic water contains more than 20 grams of sugar per 8-oz serving, making it nothing more than a glorified 7 Up. Champagne is just as bubbly but contains only one-fourth of the sugar—plus, you can't look classier than you do holding a champagne flute, right?

DRINK THIS INSTEAD!

Champagne

100 calories, 5 g sugars

3. Worst Holiday Side: Baked potato w/ butter and sour cream



400 calories, 14 g fat (6 g saturated)

The difference here is in the toppings—add bacon and cheese to the mix, and add an extra 150 calories.

EAT THIS INSTEAD!

Roasted red potatoes (1/2 cup)

100 calories, 5 g fat (1 g saturated)

2. Worst Holiday Entrée: Prime Rib



750 calories, 45 g fat

The only thing prime about the prime rib is the price you pay for eating it. This coveted holiday cut comes from one of the fattiest parts of the cow, which explains the thick rim of greasy stuff you must saw through to get to the meat. In fact, you can pretty much guarantee that any time you see the word “prime” on a menu, you’ll be ordering an extra 50 to 100 calories over the next dish, easily. Beef tenderloin is just as tasty with just a small fraction of the calories and fat.

EAT THIS INSTEAD!

Beef Tenderloin

165 calories, 7 g fat (3 g saturated)

1. Worst Holiday Dessert: Pecan Pie a la Mode



810 calories , 65 g fat, 55 g sugars

In the wide world of holiday pies, nothing is worse than a slice of pecan. True, some of the fat is healthy fat from the nuts. Most of these calories, though, come from the filling, which is a sickly-sweet sludge of corn syrup and sugar. Fondue, in comparison, is a fun and relatively healthy way to splurge after a big meal. Angel food cake makes an ideal dipper: light, low in calories, and-because it's made with egg whites-virtually fat-free. Use fruit instead and you'll save even more calories.

EAT THIS INSTEAD!

Chocolate Fondue

340 calories, 10 g fat, 28 g sugars