

20 Best (and Worst) Bets on the Holiday Buffet

BEST BETS	WORST BETS
Crudities with salsa or low-fat dressing	Chips, creamy dips, anything fried
Pretzels, popcorn, baked chips	Cheese straws, fried snacks
Handful of plain nuts	Handful or more of candy or candied nuts
Fresh fruits and vegetables	Fried veggies, wings
Shrimp cocktail, clams, oysters, smoked salmon	Fried seafood
Low-fat cheeses on water crackers, low-fat crackers, or Melba toast	High-fat cheeses and crackers
Vegetable or broth-based soup	Cream soups or bisques
Baked sweet potatoes	Sweet potato casserole
Cranberry relish or gelatin salad	Cranberry sauce
Mashed potatoes with a dab of gravy, or a plain baked potato	Lots of gravy with your mashed potatoes or a loaded baked potato
White-meat turkey without skin	Dark-meat turkey with skin
Lean meats without visible fat	Processed meats, sausages, fatty meats
Simply prepared veggies	Veggies in cream sauces, casseroles, or topped with fried onions or cheese
Cornbread-, oyster- or fruit-based stuffing	Stuffing with sausage
Whole-wheat dinner rolls	Croissants
Pumpkin or mincemeat pie	Pecan pie with whipped cream
Fruit sorbet, sherbet, or frozen yogurt	Cake or ice cream
Apple cider, mimosa, or bloody Mary	Eggnog
Chocolate-dipped strawberries	Fruitcake or fudge

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