



## make over your cheese platter

Take your cheese platter to a healthy new level at your next get-together with family and friends. Try adding more plant foods that not only taste good but work for you by supplying antioxidants and other disease-fighting phytonutrients. Your guests will be impressed, and your body will thank you!

### what to serve

Select one or more options from each category to get a good balance of nutrients and flavors. Vary the colors and textures and make at least 90 percent of your offerings plant foods.

*Sweet morsels*—raisins, pitted prunes, dried pears, or apricots.

*Fresh bites*—cherry tomatoes, snow peas, blueberries, carrot or celery sticks, whole strawberries, fresh dates, or chunks of Lebanese cucumbers.

*Wholesome dippers*—toasted whole-grain pita bread triangles, pumpernickel bread fingers, and whole-grain crisp breads.

*Dips and spreads*—guacamole, tomato salsa, hummus, olive tapenade, baba ghanoush, or tzatziki.

*Cheese and other primers*—falafel balls, marinated tofu cubes, a wedge of fresh ricotta or mini baked ricotta (or other low-fat cheese), dry roasted nuts, chargrilled vegetables, such as eggplant, zucchini, baby squash, and red capsicum, drizzled with extra-virgin olive oil and balsamic vinegar.

### what to avoid

Avoid processed meats, as these often contain high levels of saturated fats and salt and are linked with colon cancer.

If you choose to use high-fat cheeses, such as Brie and Camembert, limit these to less than once a month and restrict their overall quantity.

Avoid crackers made with white flour, as these may contain hidden saturated and trans fats.



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