



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.



SUZANNAH SKELTON—ISTOCKPHOTO.COM

Nutritionist Sue Radd is the award-winning author of *The Breakfast Book* and coauthor of *Eat To Live*, internationally acclaimed for showing how savvy eating can combat cancer and heart disease and improve well-being. See the latest at <http://www.sueradd.com>.