

Holiday Tastes and Traditions

When it comes to creating delicious holiday meals, Americans like to stick to tradition and devote countless hours to planning, shopping and preparing favorite dishes the entire family will enjoy.

\$2.3 BILLION

amount Americans spent on Thanksgiving dinner food in 2013

USDA National Agricultural Statistics Service, U.S. Census Bureau, MSN



80%

of Americans serve bread, making it the most popular side dish



90%

of U.S. adults favorite holiday pastime is enjoying family meals together



6 IN 10

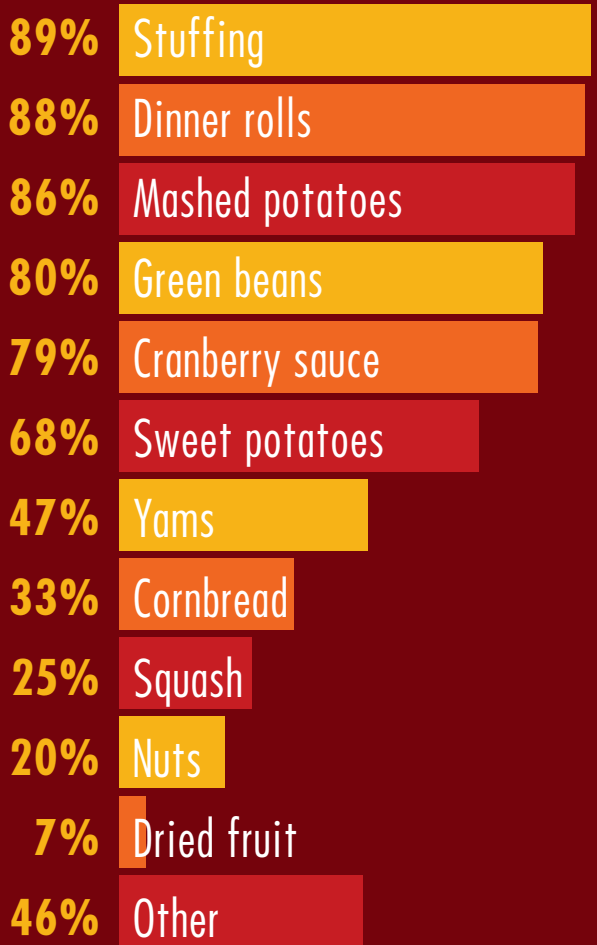
Americans enjoy the leftovers more than the meals themselves

60%

of Americans agree making a meal for holiday gatherings is stressful



POPULAR SIDE DISHES*



35%

say making enough food is the most important part of preparing for a holiday meal

DON'T DEPRIVE YOURSELF THIS HOLIDAY SEASON. INSTEAD, EAT SMART!

Only 1 in 10 Americans say healthfulness is the most important part of the holiday meal

INDULGE IN MODERATION

SUBSTITUTE INGREDIENTS IN YOUR FAVORITE RECIPES WITH VEGGIES AND WHOLE GRAINS

MAKE PHYSICAL ACTIVITY A PRIORITY

RECIPE

"DAY AFTER" TURKEY SANDWICH: The holidays don't have to end. Combine all of your favorite seasonal flavors like tangy cranberries and savory turkey in this delicious sandwich.

INGREDIENTS

12 slices seven-grain bread
24 ounces leftover turkey from Thanksgiving dinner, sliced
As needed orange cranberry compote
As needed sage cream cheese
2 ounces butter, at room temperature
Seasoning salt, to taste

INSTRUCTIONS

1. Lay out two slices of seven grain bread on a cutting board.
2. Spread the Orange Cranberry Compote evenly across one slice of bread.
3. Spread the Sage Cream Cheese evenly across the second slice of bread, then top with about four ounces of sliced, leftover turkey.
4. Place the slice of bread with the Orange Cranberry Compote on top of the turkey.
5. Brush the top and bottom of the sandwich with room temperature butter.
6. If you own an electric sandwich maker or Panini press, place the sandwich inside for 2 1/2 - 3 1/2 minutes. If you do not have a sandwich press, simply place the sandwich in a sauté pan on top of your stove, set at medium heat, and cook the sandwich for 3 1/2 - 4 1/2 minutes on each side.
7. Remove the sandwich and while still hot, season liberally with turkey seasoning salt. Cut in half and serve while hot.

For expert nutrition advice, recipes and video tips for including more wholesome bread and grains in your diet during the holidays, please visit GrainFoodsFoundation.org



GRAIN FOODS FOUNDATION

Source: National Grain's Survey. Harris Interactive.

This survey was conducted online within the United States, October 28–30, 2013, among 2,038 adults ages 18 and older, by Harris Interactive on behalf of Grain Foods Foundation via its QuickQuery omnibus product.

*Respondents were able to select multiple options