

Make the Swap this Holiday Season: Mashed Potatoes

Traditional

49 FoodHealth Score

5-6 **russet potatoes**

2 cloves of garlic

Green onion

Pinch of salt

4 oz **cream cheese**

6 tbsp **salted butter**

1 cup **heavy cream**

Blood Sugar Friendly*

71 FoodHealth Score

4-5 peeled, cubed **sweet potatoes**

1 clove of garlic

2 tsp of fresh thyme leaves

Pinch of salt

Pinch of black pepper

Drizzle of **extra virgin olive oil**

1/4 cup **whole milk**

Food Highlights

Sweet potatoes are an excellent substitute for Russet potatoes due to their higher fiber content, which creates a gentler impact on blood sugar. Choosing foods with a good carb-to-fiber ratio helps slow sugar absorption, preventing sharp spikes and supporting better blood glucose management.

Opting for **olive oil** instead of butter or seed oils in cooking is a healthier choice, thanks to its higher concentration of monounsaturated fats, which support better blood sugar management.

Avoiding ingredients high in saturated fat, like **heavy cream** and **cream cheese**, is important because they can contribute to increased insulin resistance and higher risk of heart disease.

The FoodHealth Score



FoodMed
CERTIFIED

bitewell is on a mission to improve the world's health through food. This is why we created the FoodHealth Score – a personalized 0-100 food scoring system that combines nutrient density with ingredient quality to identify which foods help you manage your health conditions and goals.

With an increase in FoodHealth Score, you can expect to see improvements in your HbA1C, BMI, Blood Pressure and Cholesterol. Scan the QR code below to learn more about the FoodHealth Score.



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well**

* Recipe by Suzy Karadsheh, The Mediterranean Dish.
<https://www.themediterraneandish.com/mashed-sweet-potatoes>