



Cheeseboards are great for hosting and also for festive supper ideas.

All the foods on the board can be healthy, but it's important to eat a small variety of everything and in moderation to avoid excess calorie intake.

Some ingredient ideas and options.

On a board place your cheeses first and then all the other bits in and around it .

Leave some small plates and bowls to the side to encourage everyone to fill a small plate and work from it rather than the board.

Cheeses

- Mozzarella
- Parmesaen
- Cheddar
- Feta
- Goats Cheese

Meats / Fish

- Parma ham is nice and thin
- Smoked Salmon good alternative
- Use leftover ham and turkey as lighter non processed options

Fruits

- Pomegranate jewels very fresh and juicy compliment
- Mandarin segments
- Sliced apple
- Fresh Figs (half the calories of dried figs)
- Pear
- Mango pieces

Veggies

- Carrot Sticks
- Celery Sticks



- Olives in brine
- Roasted Peppers
- Sundried tomatoes

Nuts (Unsalted / Unroasted)

- Pecans
- Almonds
- Walnuts
- Pistachios
- Cashews

Crackers / bread (the vehicles!)

Cut bread into half slices to reduce

- Oatcakes
- Gluten Friendly Crackers
- Choose wholegrain varieties
- Rye bread
- Lettuce (try lettuce cups)

Nice optional extras

- Hummus Dip
- Cranberry Sauce
- Chutney
- Pesto
- Dried figs
- Dates
- Dried Apricots
- Grapes

Healthy Tip

- Have some romaine lettuce or similar to create **lettuce cups** and reduce the temptation to over indulge on crackers.
- **Dried fruits** contains concentrated natural sugars. (limit to a small few)
- **Use your own small plate** and fill up rather than working from the main cheesboard, that way you are more likely to stick with one plateful and reduce temptation to keep refilling.
- **Use less nuts, try roasting some chickpeas in your favourite spices, just as tasty and crunchy!**

