



Ask an Expert and a Giveaway: What Are 3 Easy Switch-ups to Start the Year Off Right?

Posted by : Food Network Canada, Tue, Jan 03 2012

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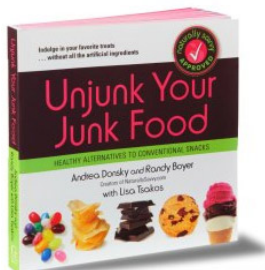
Happy New Year Food Network Fans! We hope you had a fantastic holiday season filled with good times and, of course, good eats. But let's face it, it's January and now it's time to get back on track (those elasticized pants are never coming back into style—trust us).



Over the next few weeks look out for tips from Andrea Donsky and Randy Boyer, authors of the book **Unjunk Your Junk Food**. Plus, you'll also have a chance to win this handy little guide from the creators of **Naturally Savvy**. Sweet? Sweet.

Today we asked: ladies, what are 3 easy switch-ups you can make to start the year off right?

1. Replace 'traditional' store-bought ranch, cheese, and onion dips with a healthy make-it-yourself pre-packaged dip such as Simply Organic. This allows you to control the fat you add, as well as the ingredients you use to make it. To reduce the fat, instead of sour cream, add low or no-fat yogurt, zero fat Greek yogurt or low-fat sour cream.
2. Use Truwhip to top your desserts instead of whipped cream or Cool Whip. Truwhip only has 2 grams of fat and 30 calories.
3. Replace regular mayonnaise with vegan 'mayonnaise.' With only 3 grams of fat per tablespoon, you won't miss anything but the fat.



Giveaway

We have 4 copies of *Unjunk Your Junk Food* to giveaway. To be a lucky recipient, email giveaways@foodnetwork.ca with the correct answer to the following question: what are 3 suggested alternatives to using regular sour cream?

Don't forget to add your mailing address and phone number to your email submission for courier purposes. Also, please add "Unjunk Your Junk Food Giveaway" to your subject line. See giveaway rules below.

The Unjunk Your Junk Food Giveaway Rules

The following are the giveaway rules ("Rules") for the Unjunk Your Junk Food giveaway (the "Giveaway") being administered by Shaw Media ("Shaw").

RULE 1. HOW TO ENTER

NO PURCHASE NECESSARY. To enter, entrants must answer the question posted above correctly, as determined by a Shaw representative. The Giveaway shall run from January 3, 2012 to January 24, 2012 after which time no answers will be considered.

RULE 2. SELECTION OF WINNER

Upon completion of the Giveaway, a Shaw representative shall review the answers submitted by each entrant to determine which entrant answered the question correctly. From the entrants that correctly answered the question, Shaw will randomly select the prize winner ("Winner") and provide the prize to the winner. For the purposes of this Giveaway and the awarding of prize, these Rules shall govern in all respects and the decision of any Shaw representatives shall be final.

RULE 3. PRIZE

There are 4 prizes available to be won, which consists of 1 copy of Unjunk Your Junk Food ("Prize"). The approximate value of the Prize is nineteen dollars and ninety nine cents Canadian (CDN \$19.99).

RULE 4. GENERAL

By participating in this Giveaway, you agree to abide by these Rules and the decisions of Shaw in awarding the Prize, which decisions shall be final and binding upon all entrants. Entrants who have not complied with these Rules are subject to disqualification. Shaw reserves the right to modify the Rules, before or during the Giveaway, in its sole discretion, in any way at any time it deems necessary or appropriate without materially affecting the terms and conditions of this Giveaway. Interpretation of these Giveaway rules by Shaw shall be final.

Personal information collected during the course of this Giveaway shall be used by Shaw and its authorized representatives solely for the purposes of conducting the Giveaway and awarding prizes, and will not be used or disclosed for any other purpose unless required by law.

The Prize is not transferable and not redeemable for cash, will not be extended under any circumstances and must be accepted as offered without substitution.

Employees of Shaw and its affiliates, subsidiaries, related companies, advertising and promotional agencies and the household members of any of the above, are not eligible to participate in this Giveaway.

By participating in this Giveaway, the Winner agrees that his/her name may be used in any and all forms of media, without any further compensation by Shaw and waives all rights (including moral rights) with respect to printed, broadcast and other forms of publicity.



In the event of a dispute as to who submitted an electronic entry, the entry will be deemed to have been submitted by the authorized account holder of the e-mail address submitted at the time of entry. "Authorized account holder" is defined as the natural person who is assigned to an e-mail address by an Internet access provider, on-line service provider or other organization (e.g., business, educational institution, etc.) that is responsible for assigning e-mail addresses for the domain associated with the submitted e-mail address.

Notwithstanding the defined Contest Period, Shaw reserves the right, in its sole discretion, to terminate the Giveaway, in whole or part, and/or modify, amend or suspend the Giveaway, and/or these Rules in any way, at any time, for any reason without prior notice. Interpretation of these Giveaway Rules by Shaw shall be final.

The Giveaway is subject to all applicable laws of the province of Ontario and the laws of Canada applicable therein.

Posted: by **Food Network Canada**

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Get to know: Nadine Anglin

Howdy foodie friends!

Nadine Sharon Anglin here, Foodnetwork.ca Content Producer. I can't wait to finally meet all of you in our new digital home.

I'm familiar with a some of you from our blogs and social networks such as Twitter, Facebook, MySpace and Foodbuzz, but am looking forward to meeting many more! Hope to continue with all the great conversations and sharing of photos, videos and more :-D