

MORE HELPFUL HINTS FOR A HEALTHY THANKSGIVING DAY AND LONG WEEKEND

1. Reminder to watch those appetizers. They add up!! Reach for those veggies and low-fat or nonfat dip, pita slices and hummus, or fruit slices. Watch out for nuts, chips, chex-mix, and chips and dip. Drink lots of water and non-calorie beverages.
2. Smart turkey choices: **light** meat (breast, back) without the skin will save you 110 calories and 9 grams of fat over choosing **dark** meat (leg, back) with skin.
3. Other turkey tips: Remove the skin before serving.
Avoid choose a self-basting bird.
Use a non-stick cooking spray to grease the pan when cooking or baking.
Instead of using the fatty drippings for basting, try using wine or stock.
4. Mashed potatoes don't necessarily need to be made with milk, butter, and/or cheese....much less whipping cream. See the end of this e-mail for a healthy mashed potato recipe.
5. Careful with the gravy. There are several lower fat ready-made gravies in your local market, and I'll add a recipe at the end of the e-mail.
6. Steam, grill, or bake your vegetables (green beans, asparagus, broccoli) instead of sautéing them in butter.
7. Which would you like to have more: the dinner roll or a small slice of pumpkin or apple pie? Do you really need both?
8. As always, remember your portion sizes. Best case scenario is to limit yourself to one full plate versus going back for seconds (or thirds!).
9. Several tips for **leftovers**:
 - a. You don't necessarily need to have them. Downsize your original thanksgiving meal and you avoid having to deal with leftovers the rest of the weekend.
 - b. If you like leftovers, remember the one plate recommendation. Consider making up your plate of leftovers the evening before on Thanksgiving when you are already full from your Thanksgiving meal, and then stick to just that one plate the following day.

- c. Throw them out!! Contrary to anything you've been taught or ever known, it is ok to throw food out. No one is going to be any worse off if you don't eat the leftovers.
10. No Picking. Bad holiday behaviors can't get any worse than the "picking" syndrome. Thinking you can just have a little bit here, a little of this there is kidding yourself. You are probably eating more calories than if you ate three full meals. Sit down and have meals!! Don't pick!
11. Don't go hungry. Eat a good breakfast Thanksgiving day, and a small lunch if Thanksgiving dinner is mid-afternoon. Post-Thanksgiving morning, have breakfast!!
12. Think 80/20 or 90/10. Aim to eat healthy food and stick to appropriate portions 80-90 percent of the time. The other 10-20 percent of the time don't worry about what you "should and should not" eat. Enjoy a treat.
13. Football calls!! No, not the football on TV, but the impromptu tackle (?) football out front with the family. Not into football, how about a walk with all of the family before or after the big meal. Our autumn weather couldn't be any more beautiful these days. Motivate and get to it!!

The holidays can be a wonderful time for many, but they also can be stressful and emotion filled as families strive to live up to pre-conceived holiday expectations. It is easy to get lost in all the food that abounds and the comfort it provides, especially in stressful situations. Remember, easy does it. Moderation. Balance.

Best to all of you,

Drs. Jamie and Kris

THANKSGIVING RECIPES

Fruited Sweet Potatoes

Preheat oven to 350 degree F.

- 1 can (40 oz) sweet potatoes, drained and mashed
- 1 can (8 oz) crushed pineapple in juice, drained
- _ c. bourbon (!) or orange juice
- _ c. brown sugar

_ c. golden raisins
_ c. shredded coconut
_ c. chopped walnuts or pecans
2 tsp. pumpkin pie spice
1 tsp. salt
Vegetable cooking spray as need

Combine and pour mix into 2 qt. casserole dish sprayed with vegetable cooking spray. Bake for 40 minutes.
Prep time: 10 min.

Servings: 7
278 kcals, 4 grams fat

Pumpkin Pie

1 pastry for single-crust 9-inch pie
1 can (16 oz) pumpkin
1 can (12 oz) evaporated fat-free milk
3 eggs
_ cup Equal Spoonful (or 18 packets of Equal sweetener) or _ cup granulated sugar
1 tsp. vanilla
1 tsp. Ground cinnamon
_ tsp. ground ginger
_ tsp. ground nutmeg
_ t. salt

Preheat oven to 400. Roll pastry on floured surface into circle 1 inch larger than inverted 9-inch pie plate. Ease pastry into plate; trim and flute edge. Beat pumpkin, evaporated milk and eggs in mixing bowl on medium speed of mixer until well combined. Blend in remaining ingredients. Pour into pastry shell. Bake in a preheated oven for 35 to 40 minutes or until a knife inserted into the pie center comes out clean.

Servings: 8
176 kcals, 7 grams fat

Mashed Potatoes and Gravy

9 medium potatoes (3 pounds total)
4 tsp. butter-flavored sprinkles
_ tsp. salt
1/3 cup skim milk

3 T. all-purpose flour
2 tsp. instant chicken bouillon granules
1/8 tsp. pepper
1 12-oz can evaporated skim milk
_ cup water

Wash, peel, and quarter the potatoes. In a large saucepan cook the potatoes, covered, in a small amount of boiling water for 20 to 25 minutes or till tender. Drain potatoes and mash with a potato masher or with an electric mixer on low speed. Add the butter-flavored sprinkles and salt. Heat the 1/3 cup skim milk. Gradually beat enough of the hot skim milk into the potatoes to make them light and fluffy.

For gravy, in a small saucepan stir together the flour, chicken bouillon granules, and pepper. Gradually stir in the evaporated skim milk and water till mixture is smooth. Cook and stir over medium heat till thickened and bubbly. Cook and stir for 1 minute more. Serve over hot mashed potatoes.

Servings: 8
201 kcals, 0.5 grams fat

Green Bean Casserole

2 9-ounce packages frozen French-style green beans
1/3 cup chopped onion
2 t. margarine or butter
3 T. fine dry bread crumbs
1 10 _ ounce can lower-sodium condensed cream of mushroom soup
_ cup plain nonfat yogurt
2 T. diced pimiento

Cook the green beans according to the package directions. Drain well. In a small saucepan cook the onion in margarine or butter till onion is tender. Stir in the bread crumbs. In a large mixing bowl stir together the soup, yogurt, and pimiento. Stir in the beans. Transfer mixture to a 1 _ quart casserole. Sprinkle bread crumb mixture atop beans in casserole. Bake in a 350 oven for 25-30 minutes or till the mixture is heated through and crumbs are golden.

Servings: 5
121 kcals, 6 grams fat

