

Eat Right

Healthy Thanksgiving Tips



Holiday Recipe Tips

- ❖ Spray pans with non-stick cooking spray instead of greasing pans with butter or shortening
- ❖ When baking replace half of the oil with applesauce to reduce the fat
- ❖ Use marshmallow crème in frosting instead of butter or margarine
- ❖ Substitute one whole egg for two egg whites when baking
- ❖ Prepare recipes with low-fat cheeses
- ❖ Instead of heavy cream, use evaporated skim milk
- ❖ Replace sour cream with equal amounts of fat-free plain yogurt
- ❖ Instead of traditional pie crusts, try using finely crushed cinnamon graham crackers
- ❖ Make angel food cake and decorate it with lite cool whip and fresh fruit for a fat-free dessert



Holiday Party Pointers

- ❖ Plan ahead, eat light during other meals to balance the calories and fat in the party food
- ❖ Have a low-fat, low-calorie snack before leaving for the party to curb your appetite
- ❖ Prepare a healthy appetizer to bring to the party, like a veggie or fruit platter
- ❖ Arrive fashionably late so you do not eat as much
- ❖ Bring a friend along to hold you accountable for how much you are consuming
- ❖ It's OK to be picky, select only the foods you *really* want from the buffet table
- ❖ Drink diet or club soda instead of high calorie drinks like eggnog or regular sodas
- ❖ Wait ten minutes before going back for seconds to decide if you really are still hungry
- ❖ Socialize away from the buffet table and other sources of food and drinks



Holiday Shopping Pointers

- ❖ Park your car far away from the shopping mall to expend more calories
- ❖ Start your shopping in the mall at the furthest shop to add more steps
- ❖ Take the stairs instead of the escalator or elevator
- ❖ Go shopping after you eat a meal to curb your appetite
- ❖ Do not be tempted by the food court
- ❖ Pack snacks and drinks such as an apple, nuts, and bottled water





Thanksgiving Feast without the Fat!

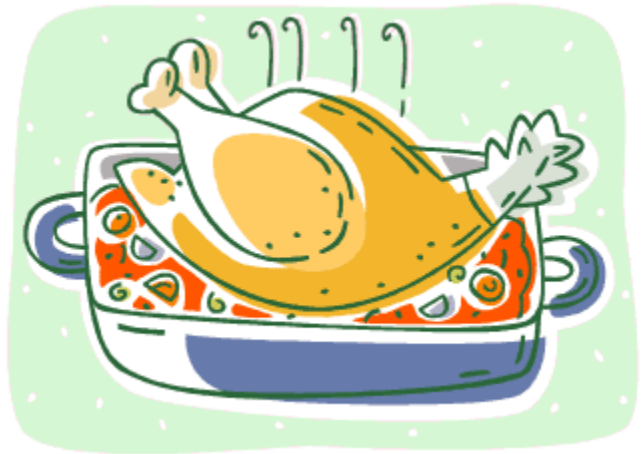
Turkey, dressing, sweet potatoes, and pie. A traditional Thanksgiving meal can have more than 2000 calories and 100 grams of fat! Here are some simple tips on how you can make your meal healthy without sacrificing the taste.

Turkey Tips:

- Instead of coating the bird in vegetable oil or butter, spray it lightly with cooking spray.
- To keep your turkey moist without all the fat, cook it in a browning bag.

Stuffing Secrets:

- When it comes to the stuffing or dressing, replace real butter or margarine with butter flavored granules. Just mix them with warm water and you have the flavor of butter without the fat.
- Fill your stuffing with low calorie things like onions, celery, and poultry seasoning.



Sweet Potato Payoffs:

- Use egg whites or frozen egg substitute instead of whole eggs.
- Top the sweet potatoes with barley cereal or cornflakes instead of coconut or nuts. You'll get the crunch without all the fat.

Cranberry Salad Savers:

- Switch from regular cream cheese or sour cream to fat-free products.

Pumpkin Pie Pacers:

- You can trim down the fat by using fat-free ingredients or skipping the crust and eating the filling. Pie gets most of its fat and calories from the crust.


















FITCITYCHALLENGE

Healthy Holiday Gift Baskets



The holiday season is upon us and that means it is time to send gifts to our clients, family, or friends. This year, instead of sending cookies and chocolate, consider some of these creative and healthy ideas.

 Breakfast	Fill a basket with fruit preserves and fruit based syrups, whole grain pancake mix, canned blueberries, assorted coffee, or teas.
 Jam & Bread	Purchase loaves of bread from a bakery and put together with an assortment of all fruit preserves, displayed on a wood cutting board.
 Spa	Fill a basket with lotions, soaps, and aromatherapy candles.
 Fruit & Nuts	Purchase a fruit basket from the local grocery store and add in gourmet nuts such as walnuts, pistachios, or almonds.
 Coffee & Tea	An assortment of coffees and teas, honey, travel mugs, and a tea strainer or French press coffee maker.
 Golf	Fill a basket with golf balls, tees, golf towels, gloves, and gift cards to golf courses.
 Fishing	Lures & weights, fishing hats, fishing line, map of local fishing spots with fishing schedule, packages of bait packaged in a tackle box.
 Sports Fan	A bag of their favorite team's items such as hats, jerseys, car flags, seat cushions, noise makers, and tickets to a game.
 NASCAR Fan	Hats, sunscreen, t-shirts, seat cushions, key chain, car flags, Speedway Gift Card and Ear Plugs.
 Car Care	Carwash gift cards, shop towels, tire pressure gauge, coupons for oil changes or gift cards to auto parts store, sponges, brushes and car cleaning materials, in a bucket.
 Tool Box	Assortment of tools, nails and screws, picture hanging fasteners, a level, tape measure, gift card to home improvement store in a five gallon bucket with a canvas insert to hold all the tools.
 Gardening	Gloves, pruning shears, trowel, knee pads, sunscreen, hat with gift card to local nursery in a gardening tote.
 Exercise	Variety of fitness bands, yoga mat, fitness ball, hand weights, pedometer, socks, and a sports bottle.

More Ideas:

- **Donate a fruit tree or herb garden.** If they have their own property donate a fruit tree, if not, then an herb garden can be grown indoors or on a patio. They will benefit from this gift all year long.
- **Donate to a cause on behalf of the recipient.** Choose a cause they would enjoy supporting and make a donation in their name.
- **Donate your time.** Offer to help clean their house, rake leaves, weed their garden, watch their children, or repair a household item. Sometimes the best gifts really are free!



Orange-Spiced Sweet Potato Casserole

Ingredients:

- 5 Sweet Potatoes
- 1 tsp grated orange peel
- 1/3 cup fresh orange juice
- 3 tablespoons low-fat margarine
- 3 tablespoon light brown sugar
- ½ tsp cinnamon
- ½ tsp cumin
- ½ tsp salt
- ½ cup chopped pecans
- 2 Tablespoon all-purpose flour

Nutritional Data:

Serving Size (134g)
Servings Per Container 8

Calories 160
Calories from Fat 40
Total Fat 4.5g 7%
Saturated Fat 1g 4%
Cholesterol 0mg 0%
Sodium 250mg 10%
Total Carbohydrate 30g 10%
Dietary Fiber 4g 16%
Sugars 15g
Protein 2g
Vitamin A 440%
Vitamin C 45%
Calcium 6%
Iron 6%

Instructions:

1. Preheat oven to 400°F. Wash and dry potatoes and pierce them in several places with a fork. Bake potatoes for approximately 1 hour or until tender. Allow potatoes to cool, peel them and place in a large bowl.
2. Stir in orange peel, orange juice, 2 tablespoon low-fat margarine, cinnamon, cumin, and salt; mix well and spoon into lightly greased 10x6-inch baking dish.
3. Combine pecans, flour, 1 tablespoon brown sugar, and 1 tablespoon low-fat margarine; mix well. Sprinkle evenly over potatoes
4. Bake 30 to 35 minutes or until hot. Let stand 5 minutes before serving

Recipe Provided by: Dave Simon