



Manage Your Holiday Eating

November is that time of year when we begin to think about the holidays. And with the holidays comes lots of yummy food. The temptations are everywhere! But don't panic yet. The Nutrition Task Force is here to get you through it!

Did you know the average Thanksgiving dinner has over 2,000 calories? That's a day's worth of calories! Here are some tips and strategies before you sit down to your Thanksgiving meal:

1. Don't go hungry! It leads to overeating. Be sure to have a healthy and wholesome breakfast so you won't want to devour everything in sight later.
2. Drink water. It really helps to curb your appetite as well as keep you hydrated while eating salty foods and consuming alcoholic beverages. In fact, most alcoholic beverages provide 100-150 calories for a 5 oz wine, 12 oz beer or 2 oz hard alcohol. Any sweetened beverage like soda adds up very quickly. A 12 oz soda is around 155 calories. Always try to avoid drinking your calories!
3. Don't park yourself in front of the food table! Walk around and mingle. It's Thanksgiving after all!
4. Try using a smaller plate. It really works! Fill 1/2 your plate with veggies, 1/4 with meat, and 1/4 with a starch.
5. Eat slowly and stop when you begin to feel full.
6. Go for a walk after the meal. Exercise is a great stress reliever. You know what kind of stress I'm talking about!

Practice Healthy Holiday Cooking

Preparing favorite dishes lower in fat and calories will help promote healthy holiday eating. Incorporate some of these simple-cooking tips in traditional holiday recipes to make them healthier.

- **Gravy** — Refrigerate the gravy to harden fat. Skim the fat off. This will save a whopping 56 gm of fat per cup.
- **Dressing** — Use a little less bread and add more onions, garlic, celery, and vegetables. Add fruits such as cranberries or apples. Moisten or flavor with low-fat, low-sodium chicken or vegetable broth and applesauce. Also, if you cook it outside of the bird, it will not absorb the fat drippings.
- **Turkey** — Enjoy delicious, roasted turkey breast without the skin and save 11 grams of saturated fat per 3 oz serving. White meat has less than 1/2 the calories and 1/4 of the fat of dark meat with skin.



- **Green Bean Casserole** — Cook fresh green beans with a fat-free cream soup. Top with almonds instead of fried onion rings.
- **Mashed Potato** — Use skim milk, evaporated skim milk (for a more creamy flavor), plain non-fat yogurt, chicken broth, garlic or garlic powder, or Parmesan cheese instead of whole milk and butter.
- **Quick Holiday Nog** — Four bananas, 1-1/2 cups skim milk or soy milk, 1-1/2 cups plain nonfat yogurt, 1/4 teaspoon rum extract, and ground nutmeg. Blend all ingredients except nutmeg. Puree until smooth. Top with nutmeg.
- **Healthy Holiday Spritzer** — Seltzer with a splash of cranberry or pomegranate juice.
- **Desserts** — Make a crustless pumpkin pie. Substitute two egg whites for each whole egg in baked recipes. Replace heavy cream with evaporated skim milk in cheesecakes and cream pies. Top cakes with fresh fruit, fruit sauce, or a sprinkle of powdered sugar instead of fattening frosting.

Crustless Pumpkin Pie

Note: Most of the fat in apple and pumpkin pie is in the crust. If you must have a crust, try just using a single low-fat graham cracker crust on the bottom.

- 16 oz canned pumpkin
- 1/2 cup egg beaters
- 12 oz can evaporated skim milk
- 1/2 cup dark brown sugar, packed
- 1/2 tsp salt
- 1 tsp cinnamon
- 1/2 tsp ground ginger
- 1/4 tsp ground nutmeg
- 1/4 tsp ground cloves

In a medium bowl, mix pumpkin, egg beaters, sugar and spices. Add evaporated skim milk and mix well. Pour into 9 inch pie plate sprayed with non stick coating. Bake at 350* for approximately one hour. Optional: Sprinkle graham crackers over cooled pie and serve with a scoop of non-fat cool whip.

Per slice: 125 calories, <1 gram fat, 25 grams carbohydrate

Nutrition: Pumpkin is high in Vitamin A and Potassium. One 1/2 cup serving of canned pumpkin supplies 3X the RDA for vitamin A and has 3.5 grams of fiber, 0 grams of fat and only 41 calories.

Recipe compiled by DeNelle O'Connor/Registered Dietitian for Plus One

A fun recipe to share with your kids!

Cranberry Sauce:

1. Boil 1 c water
2. Add 1 cup sugar, stir to dissolve
3. Add 1 pkg cranberries (washed)
4. Boil 4-5 minutes until berries pop and that's it!

Can add extras if desired, cinnamon, grated orange zest, etc.

Can be served hot or cold

More Great Recipes

Turkey Soup with Rice

- 1 turkey carcass
- 2 stalks celery with leaves, coarsely chopped
- 2 carrots, coarsely chopped
- 1 onion, peeled and quartered
- 1 bay leaf
- 8 cups water
- 3 tablespoons butter
- 1 cup chopped onion
- 1 cup chopped celery
- 2 teaspoons dried thyme
- 2 cups chopped carrots
- 1 cup whole grain rice, such as brown rice
- 2 cups chopped leftover turkey
- 1 cup frozen or leftover corn
- 3 tablespoons fresh parsley
- Salt and pepper



Directions

In a large pot, combine carcass, celery, carrots, onion, bay leaf and water and bring to a simmer. Simmer for 2 to 3 hours over medium low heat. Strain and discard vegetables and bones. Reserve turkey stock. In a large pot, melt butter and cook onions until tender. Stir in celery and thyme. Stir in carrots and rice and toss to coat. Stir in turkey stock and bring to a simmer. Cook until vegetables and rice are tender. Stir in turkey, corn and parsley. Return to simmer and season to taste.

[FoodNetwork.com](http://www.foodnetwork.com), Recipe courtesy Cathy Lowe

<http://www.foodnetwork.com/recipes/turkey-soup-with-rice-recipe/index.html>

Fruit Gobbler

from **FamilyFun Magazine**



You'll need:

- Bosc pear (head)
- Melon (body)
- Cheese (beak and tail feathers)
- Red pepper (snood, feet and side feathers)
- Raisins (eyes)
- Grapes (tail feathers)
- Bamboo skewers
- Toothpicks

Instructions

Stabilize the melon body by cutting a shallow slice off the rind to form a flat base. Using a section of bamboo skewer, attach a Bosc pear head to the melon, as shown.

Cut a cheese triangle beak and red pepper snood. Attach both, along with raisin eyes, to the head with sections of toothpick.

Cut red pepper feet and set them in place. For tail feathers, skewer cheese cubes and red grapes, then insert the skewers as shown. Pin pepper side feathers in place with toothpicks.



Nutrition Task Force News

The Task Force has a lot going on! This week, Nov. 8th, we're launching a healthy fundraiser. Check your backpack for a flier and order form for our first fruit fundraiser. Order delicious high-quality oranges and apples for yourself or as a gift and receive them in time for the holidays! Also this week, cafeteria water bottle recycling will begin at both schools. Stay tuned for more details!

From our families to yours, have a wonderful Happy Thanksgiving!!!



If you have any questions, comments or suggestions, please email Jane Sylvestre (janesylvest@yahoo.com) or Natalie Zodda (zodda@mac.com) of the Nutrition Task Force; or Linda King, Food Service Director at king@norfolk.k12.ma.us