



Nutrition Nibbles

Create a Healthy Thanksgiving Feast

Now that Halloween has passed and Thanksgiving is coming up, you may wonder how you will escape this holiday season lighter than the Good-year blimp. Never fear...you *can* have your pumpkin pie *and* eat it too if you follow these tips for creating a healthy (yet yummy) Thanksgiving feast.

First, let's put the day in context with these interesting stats from a magazine survey:

- **1** % of survey participants manage to stick to their diets on T-Day
- **9** % agree with this statement: "I don't stop eating till my belly's aching."
- **65** % of people have to loosen their belts or unbutton their pants after the feast
- **8** % of respondents said napping was their biggest non-eating Thanksgiving tradition

Thanksgiving is really more than just one day; it's the start of an eating season. Leftovers last a week and then you're attending winter holiday parties in December. Rather than thrust yourself into gluttony over this great American tradition (most Americans eat more than **3000** calories at this meal

alone) and start the downward holiday health spiral, strategize yourself away from guilt and steer your body towards good health.

The components of a typical Thanksgiving meal are actually quite healthy: low-fat turkey breast, root vegetables, squash, and anti-oxidant rich cranberries. It's what we do to them that is the problem--drown them in butter, fry them in fat, and drench them in sugar. It doesn't have to be this way!

Turkey Tip #1: Modify Your Favorite Holiday Recipes. First, review your recipes and identify the ingredients high in fat, sugar, or salt. Think about those ingredients' functions--do they add flavor, texture, act as a thickener? Then ask yourself if you can substitute at least *some* of that ingredient with a lighter or more nutrient-rich alternative. For example, take the classic green bean casserole recipe and substitute nonfat milk for whole milk, swap the regular cream of mushroom soup for the low-fat, low sodium version, use fresh green beans in place of canned beans, and top with slivered almonds instead of French-fried onions. Voila! A lighter, healthier yet

College Corner: Flu-Fighting Tips

With H1N1, aka Swine Flu, set to hit college campuses hard this season, you may want to head it off so you don't get behind in school. Here are 10 ways college students (and anyone else) can protect themselves against germs and viruses:

1. **Wash Your Hands!**
Suds up with soap and warm water for at least 15-20 seconds. Turn off the sink handle and exit the bathroom using a paper towel. Remember, germs like faucet handles, door knobs, and light switches. Alternatively, use half a teaspoon of an alcohol-based hand sanitizer if no sink or soap is around. Rub your hands vigorously until the gel is evaporated.
2. **Avoid Touching Your Face,** unless you know your hands are clean. Don't give germs easy access to your eyes, nose, and mouth.
3. **Cough or Sneeze Into Your Sleeve or Elbow** to capture germs.
4. **Avoid Sharing.** Keep your chapstick, fork, and cup to yourself. Wipe down phones and

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Thanksgiving Feast continued...

equally tasty version of your favorite!

Turkey Tip #2: Seek Out Lighter Recipes. There are so many websites and recipe books that offer healthier versions of the Thanksgiving classics. You don't have to stick with the same old recipes you've been using for years, experiment with some new ones! Check out these sites: www.cookinglight.com and www.eatingwell.com.

Turkey Tip #3: Try Out Some Crowd-Pleasing Party Tricks. You won't be the only one thankful this year--your guests will appreciate your attention to healthy details too!

- Provide vegetables with hummus or a low-fat dip as a party appetizer.
- Add different salads to the menu to incorporate more fruits and vegetables. Try adding fresh or dried fruit to your regular green salad.
- Prepare more side-dishes that contain vegetables and whole grains. Keep an eye out for whole grain bread crumbs and stuffing mix and then add

extra vegetables.

- Start the big meal off with a vegetable-rich, broth-based soup.
- Flavor your favorite dishes with more herbs and spices instead of extra salt and fat.
- Serve fruit for dessert or to cleanse the palate.
- Offer low-calorie beverages to your guests, such as sparkling mineral water, tea, coffee, or diet sodas.
- Go for a group walk before or after the dinner meal. You can burn approximately 200 calories with 30 minutes of brisk walking.

Turkey Tip #4: Watch Your Portions! Often, it is not what we eat but *how much* that gets us into the most trouble. Be mindful of your recipe's serving sizes and try to stick to them. Keep an eye on nutrition labels, especially the suggested serving sizes and calories. Consider dishing up dinner on slightly smaller plates to naturally shrink your portions.

Wishing you a healthy, tasty Thanksgiving holiday!

College Corner continued...

keyboards often.

5. **Catch Some Zzzz's and Keep Your Cool.** Both lack of sleep and high stress levels weaken your immune system.
6. **Stay Well-Hydrated.** Drink at least 64 ounces of fluids daily.
7. **Exercise 3-4 Days Each Week** at a moderate level to maintain your immunity and decrease your stress levels.
8. **Eat Healthy Foods.** In particular, aim for 2 cups of fruit and 2 1/2 cups of veggies daily. These foods are great sources of vitamins, minerals, fluids, and antioxidants--all important for maintaining your body's health.
9. **Limit Your Alcohol Intake.** Alcohol can lead to dehydration, lack of sleep, and decreased germ resistance.

10. **Pay Attention to Your Body.** If you're starting to feel run down, take it easy. If you are coughing or have a fever, stay home and call your campus health center *before* heading to class. Keep your germs to yourself!

Favorite Food - Best Light Pumpkin Pie

This pumpkin pie saves 100 calories per slice from the traditional version and it tastes identical!

1 cup ginger snaps (about 16 cookies)
16 oz can pumpkin
1/2 cup egg whites (about 4)
1/2 cup sugar
2 tsp pumpkin pie spice (1.25 tsp cinnamon, 1/2 tsp ginger, 1/4 tsp cloves)
12 oz can evaporated skim milk

Preheat the oven to 350°. Grind the cookies in a food processor. Lightly spray a 9" glass pie pan with

vegetable cooking spray. Pat the cookie crumbs into the bottom of the pan evenly. Mix the rest of the ingredients in a medium-sized mixing bowl. Pour into the crust and bake until knife inserted in center comes out clean, about 45 minutes. Store in the refrigerator. Allow to cool and slice in 8 wedges. Optional: serve each wedge with fat free whipped cream.

Serves 8. Each slice: 165 calories, 1.5 g fat, .5 g saturated fat, 1.5 mg cholesterol, 170 mg sodium, 32 g carbohydrate, 2 g fiber, 6 g protein.

--Recipe Courtesy of Food and Health Communications