



Thanksgiving is more than a BIG meal! While food has become the center of this day, it's really about honoring our country's heritage. It's also about spending time with loved ones and appreciating our gifts and blessings. Eating mindlessly and stuffing ourselves until we are uncomfortable is not a required part of the day. Enjoying and savoring traditional and special foods that we often don't eat other times of the year can be done with reasonable portions. For tips on how to mindfully enjoy this holiday see www.mindfuleating.org/Thanksgiving.html

Here are a few other holiday tips for a healthier Thanksgiving:

1. You don't have to rub your turkey with butter-this adds saturated fat. Mix some garlic and chopped herbs or spices with a little olive oil for a healthier rub
2. Avoid eating the turkey skin-another source of unhealthy fat.
3. Use chicken broth or diluted juice in your stuffing recipe rather than butter
4. Yams and sweet potatoes are super sources of beta-carotene (a form of vitamin A), and good sources of vitamin C, potassium and fiber. Limit the sweet stuff you put on sweet potatoes (marshmallows, brown sugar, syrup) so you can appreciate their natural sweet taste.
5. The key to tasty gravy is using the drippings from the roasting pan--with the fat skimmed off. It is not necessary to add additional butter or fat. Use a low sodium chicken broth if needed.
6. Cranberries are very high in antioxidants, vitamin C and fiber. Making your own sauce allows you to use less sugar. Adding chopped oranges or an apple will add natural sweetness.(see attached recipe). Buy extra bags of fresh cranberries and stick them in your freezer so you will have them beyond the holidays.
7. Green beans are naturally low in calories and a good source of vitamins A, C and K. When making green bean casserole, use the lower fat and sodium soups and bread crumbs and skip the added butter and fried onions.
8. Use whole grain bread in your stuffing and cook it separate from the turkey. If you add turkey drippings, be sure to skim off the fat.
9. Make your pumpkin pie lower fat with a graham cracker crust, egg substitute and evaporated skim milk (see attached recipe).
10. Don't try to save up calories for the big meal. Eat breakfast to jump start your metabolism and prevent extreme hunger which leads to overeating later in the day.
11. Be intentional about all that you eat. Do not graze and nibble all day but measure all that you eat as a reasonable portion onto a plate. Eat with awareness and enjoyment!

12. Eat slowly and appreciate the taste, texture and flavor of all that you eat. Wait 20 minutes before serving yourself seconds noting your satiety level.
13. Get moving! Schedule a walk, swim, jog, outdoor game of football—something active into each day of the long holiday weekend.
14. Send all guests home with leftovers so you won't be inclined to finish everything yourself. Or use them to do makeover magic—see below.

For more information on the health benefits of Thanksgiving foods see

http://www.fshn.hs.iastate.edu/nutritionclinic/handouts/newsletters/Nov16_07.pdf

Here is a Healthy Thanksgiving Make Ahead Game Plan:

<http://eating.health.com/2007/11/01/make-ahead-thanksgiving/>

Looking for some healthier Thanksgiving recipes? Check out these links:

<http://allrecipes.com/HowTo/Healthy-Thanksgiving-Recipes/Detail.aspx?ARBMID=1764&ARFMTID=1>

http://www.foodfit.com/cooking/archive/celebrateThanksgiving_2001-2.asp

http://www.eatingwell.com/recipes/collections/thanksgiving_collection_1.html?utm_source=EWTWNL

<http://www.cookinglight.com/cooking/mp/entertaining/superpackage/0,14384,1120414,00.html>

And what to do with the leftovers? As many of you know **Turkey Frame Soup** using the turkey carcass is a tradition at my house the day after Thanksgiving. And it's a little different every year based on what is available. You can bag the carcass and throw it in the freezer for making soup at a later time. It's a great way to add veggies to your day! (See attached recipe)

Need new ideas for what to do with Thanksgiving leftovers beyond the turkey sandwich? In this economy we need to stretch our food as far as we can!

Check out the attached easy Turkey and White Bean Stew recipe. Get other creative ideas here:

http://www.eatingwell.com/recipes/collections/thanksgiving_leftovers_1.html

<http://www.cookinglight.com/cooking/fd/features/package/0,14343,361994,00.html>

Upcoming Lunch and Learns: (Both to be held in 0331 Palmer Building at noon)

December 12 -Holiday Spices: Flavorful and Healthy

January 22 -How to Curb Mindless Eating

Reserve a seat by e-mailing barclay@iastate.edu or calling 4-9625. Feel free to bring your lunch along!

Please enjoy your Thanksgiving weekend savoring special times with loved ones and eating with awareness and enjoyment!

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