

NOVEMBER – Thanksgiving and holiday eating

Americans, on average, eat about 4,500 calories and 229g of fat on Thanksgiving Day.

Lighten the load this holiday season:

Choose wisely: When preparing food, select light or lower fat, lower sugar varieties.

Watch your portions: Use a smaller plate and start with a few small portions of your favorite holiday foods. Avoid drinking your calories. Only get a second helping if you are hungry for more.

Drink plenty of water: Drinking water steadily throughout the day while you prepare and cook holiday meals can help you resist the holiday grazing, which can add up to a lot more calories than intended!

Enjoy the holidays: Don't skip your favorite side dish or dessert; eat a smaller portion and savor each bite.

Stay active: Being physically active throughout the year is important to maintaining a healthy weight. Try to move more – park farther away, take the stairs or schedule in a walk or exercise.

MERRY MAKEOVERS

Garlic Mashed “Faux-tatoes”

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| 1 cauliflower head, trimmed into florets (or | 1 tablespoon cornstarch |
| 2 packages of frozen florets) | 4 tablespoons 0% fat plain Greek yogurt |
| 2 green onions, minced | ½ teaspoon black pepper |
| 2 small Yukon gold potatoes, diced | ¼ teaspoon of salt |
| ½ teaspoon garlic, minced | *option: add ¼ tsp. paprika & parmesan to |
| ⅓ cup low sodium chicken broth | taste |

1. Bring a large pot of water to a rolling boil, then add cauliflower and potatoes and cook until soft enough to pierce with a fork; drain and return to pot.
2. Add chicken broth, and use a hand mixer to puree cauliflower and potatoes.
3. Mix in garlic, yogurt, salt and pepper; top with green onions to serve.

*Garlic Mashed “Faux-tatoes” (1 cup) *no Parmesan added*

Calories: 132 Total Fat:< 1g Sodium: 40mg Carbohydrates: 27g Sugar: 4g

Original (1 cup)

Calories: 354 Total Fat: 18g Sodium: 1,532mg Carbohydrates: 44g Sugar: 4g

Pumpkin Pie

Ingredients:

| | |
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| 2 cups unsweetened canned pumpkin | 3½ cups lite frozen whipped topping, |
| 1 small package instant vanilla pudding mix, | 1¼ teaspoons pumpkin pie spice |
| sugar-free | 1 prepared graham cracker pie crust |

1. In a large bowl, combine pumpkin, 2½ cups whipped topping, pudding and spices.

2. Beat with an electric mixer at low speed for 1 to 2 minutes or until well blended.
3. Spread evenly into graham cracker crust and top with remaining 1 cup whipped topping.
4. Quick chill in the freezer for 10 minutes or until ready to serve. Store in the refrigerator.

Lighter Pumpkin pie (1 slice)

Calories: 136 Total Fat: 4g Sodium: 234mg Carbohydrates: 25g Sugar: 8g

Original Pumpkin Pie (1 slice)

Calories: 323 Total Fat: 13g Sodium: 318mg Carbohydrates: 46g Sugar: 25g