



# The Pilates Connection Weight Loss Challenge

## NEWSLETTER

November 8, 2010

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### THIS WEEK'S TOPIC...

### HEALTHY HOLIDAY EATING TIPS FOR THANKSGIVING...

Do you know that the average Thanksgiving dinner has over 2000 calories? It can be a real challenge if you are watching your waistline. The following are some eating tips so that you can still look good and be healthy after the Thanksgiving dinner without having to deprive yourself.

#### Healthy Holiday Eating Tips for Thanksgiving

If you are a guest of a Thanksgiving dinner:

- **Don't go to the Thanksgiving dinner hungry:** we often eat faster and more when we are hungry - therefore eat a wholesome breakfast and lunch on the day to avoid overeating at dinner time.
- **Thanksgiving dinner is not an all-you-can-eat buffet:** Fill your plate half with vegetables, one quarter with a lean meat and the rest with a starch of your choice. Eat slowly and stop when you are full.
- **Turkey - go skinless:** choose your 4-oz turkey portion skinless to slash away some [fat](#) and [cholesterol](#). Save your appetite for the side dishes and desserts.
- **Side Dishes - watch your portion size:** go for smaller portions. This way you can sample all the different foods. Moderation is always the key.
- **Make a conscious choice to limit high fat items:** high fat food items can be found in fried and creamy dishes as well as cheese-filled casseroles in a traditional Thanksgiving meal . For instance, mashed potatoes are usually made with butter and milk; green bean casseroles are often prepared with cream of mushroom soup, cheese and milk and topped with fried onions; candied yams are loaded with cream, sugar and marshmallows. If you cannot control the ingredients that go in to a dish, simply limit yourself to a smaller helping size. Again moderation is the key.
- **Drink plenty of water:** alcohol and coffee can dehydrate your body. Drink calorie-free water to help fill up your stomach and keep you hydrated.

If you are the honorable chef of a Thanksgiving dinner:

- **Substitute** high fat ingredients with lower-fat or fat-free ingredients. Learn about the [5 easy steps to recipe substitutions](#) or see table below.
- **Leftover Turkey?** Instead of turkey sandwiches, use the leftover turkey to make a pot of soup with fresh chunky vegetables.
- **Experiment with new recipes:** we did a search on Google and found numerous delicious yet healthy low-fat contemporary Thanksgiving recipes. Experiment!

### Healthy Thanksgiving Recipe Substitution Tips

Recipe calls for...	Substitution
1 whole egg	2 egg whites
sour cream	low fat plain yogurt or low fat sour cream
milk	skim or 1% milk
ice cream	frozen yogurt
heavy cream (not for whipping)	1:1 ratio of flour whisked into non fat milk (e.g. 1 cup of flour + 1 cup of non fat milk)
whipped cream	chilled evaporated skim milk or other low fat whipped products such as Nutriwhip
cheese	low-fat cheese (please note: non-fat cheese does not melt well if use in cooking or baking)
butter	light butter
cream of mushroom	fat-free cream of mushroom

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***MAKE SOMEDAY TODAY!***

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## RECIPE

### “HEALTHIFIED” STUFFING

- 15 slices white whole grain bread
- 2 tablespoons olive oil
- 1/2 cup chopped celery
- 1/2 cup chopped onion
- 1/2 cup chopped carrot
- 2 cups Progresso® reduced-sodium chicken broth (from 32-oz carton)
- 1 teaspoon dried sage leaves, crushed, or 1 tablespoon finely chopped fresh sage leaves
- 1/2 teaspoon salt
- 1/2 teaspoon dried or 1 1/2 teaspoons chopped fresh thyme leaves
- 1/4 teaspoon pepper

1. Heat oven to 350°F. Spray 2-quart casserole with cooking spray; set aside.
2. On large cookie sheet, place bread slices. Bake 15 to 20 minutes, turning each slice once, until firm and very light golden brown. Remove bread slices from cookie sheet; cut into 1/2-inch cubes.
3. In 12-inch nonstick skillet, heat oil over medium-high heat. Add celery, onion and carrot; cook 6 to 8 minutes, stirring frequently, until tender. Stir in broth, sage, salt, thyme and pepper; heat to boiling. Remove from heat. Stir in bread cubes until well mixed. Spoon mixture into casserole.
4. Cover; bake 30 minutes. Uncover; bake 15 to 20 minutes longer or until hot and top is light golden brown.

#### Nutritional Information

**12 Servings:** Per Serving - Calories 120 (Calories from Fat 35); Total Fat 4g (Saturated Fat 1/2g, Trans Fat 0g); Cholesterol 0mg; Sodium 380mg; Total Carbohydrate 18g (Dietary Fiber 3g, Sugars 4g); Protein 4g **Exchanges:** 1 Starch; 0 Other Carbohydrate; 0 Vegetable; 1 Fat

Recipe from [eatbetteramerica.com](http://eatbetteramerica.com)

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