

We CAN enjoy the season without the extra



Original Menu

- 3 ½ ounces roasted turkey with skin
- ½ cup stuffing
- ½ cup broccoli with 2 tbsp. hollandaise sauce
- ½ cup cranberry relish
- 1 medium crescent roll
- 1 slice pecan pie

Total calories: 1,140

Total fat: 50 grams

Leaner Menu

- 3 ½ ounces skinless, roasted turkey
- ½ cup wild rice pilaf
- ½ cup broccoli with lemon juice
- ¼ cup cranberry relish
- 1 whole-grain roll
- 1 slice pumpkin pie

Total calories: 735

Total fat: 20 grams

REFERENCES: American Dietetic Association (ADA) and the Boston Public Health Commission.

Keep the menu simple.

- ✓ To cut down on fat, buy skinless turkey or chicken. Skinless meat cuts total fat and saturated fat in half.
- ✓ For dips, sauces and pie toppings use non-fat yogurt or fat-free sour cream. Non-fat yogurt works best in dishes that don't require heating.
- ✓ Use egg substitutes in place of whole eggs in baked items.
- ✓ Substitute evaporated skim milk for whole milk in recipes.
- ✓ Use low-sodium, fat-free chicken broth in mashed potatoes.
- ✓ **Applesauce** can replace up to ¾ of the shortening in many baked recipes.
- ✓ Top casseroles with almond slivers instead of fried onion rings.
- ✓ Offer your guests lower calorie drinks such as water, low fat milk or diet drinks.
- ✓ Offer your guests steamed vegetable, with no-salt seasoning and the **choice** of adding butter or sauces **on the side**.
- ✓ Use a smaller plate to help lower your calories.
- ✓ Take smaller portions of the calorie dense stuffing and mash potatoes.
- ✓ Limit the number of visits to the serving table.
- ✓ Eat slowly; savor each bite to allow your stomach time to tell your brain that you are full.
- ✓ Engage in mealtime conversation and keep utensils back on table to ensure little breaks during eating.
- ✓ Keep desserts to a minimum. Offer fresh fruit options
- ✓ After the meal, plan a 30 minute walk or move/dance to some music to gain some physical activity instead of retiring to the couch and watching the games.

Remember:

- ✓ Each five pounds of turkey requires 24 hours to thaw in the refrigerator. Thus an average 18 pound turkey needs around four days.
- ✓ Cook your Turkey to 180°F (internal temp) and Stuffing to 165°



Did you know: Cranberries contain several different antioxidants. Their crimson color comes from a flavonoid that may help lower your LDL (bad) cholesterol and help reduce the risk of heart disease and stroke. Cranberries may also protect you from certain cancers, gum disease, urinary tract infections and stomach ulcers.

While more research is needed on some of these benefits, add cranberries to your holiday fare — and all year round.

Enjoy your healthy Thanksgiving!

A Healthier Twist on Thanksgiving brought to you by: The Department of



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