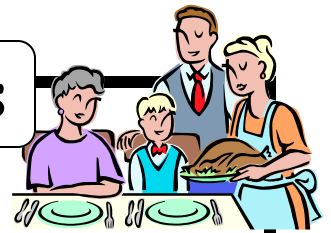


# Holiday Calorie Control Tips



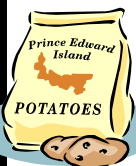
- ✓ Ask family members what foods are really important to make over the holidays to avoid making too much of the foods no one really cares about.
- ✓ Use the 1-10 rating system during holiday dinners. Rate each food that is passed on a 1-10 scale - 1, not appealing - 10, WOW, my favorite! Eat only 9's and 10's. Pass up the rest!
- ✓ Begin the meal with a salad. You'll eat less during dinner.
- ✓ After dinner, go for a long walk and walk 2000+ extra steps to compensate for heavier eating.
- ✓ Use low fat canned cream soup in the traditional green bean casserole.
- ✓ Sprinkle hot vegetables with dill for flavor instead of butter.

## Turkey Tips

- ✓ Don't stuff the turkey with dressing, as it absorbs much of the fat. Bake the stuffing in a covered casserole.
- ✓ Sauté onions and celery in a small amount of butter/margarine, i.e., 1 tablespoon. Use chicken or turkey broth for additional moisture.
- ✓ Roast the turkey on a rack so the fat drips away from the bird.
- ✓ Skim off all fat from roasting pan juices before making the gravy.



## Potatoes



- ✓ Mash the potatoes with chicken broth and canned, evaporated, skimmed milk. **HOLD THE BUTTER - NO ONE WILL NOTICE!**
- ✓ Use pineapple and/or orange juice thickened with corn starch as a glaze for carrots or sweet potatoes. (add a pinch of pumpkin pie spice to the glaze for additional flavor.)

## Pumpkin Pie

- ✓ Make pumpkin pies with canned, evaporated, skim milk.
- ✓ Use half the amount of sugar in the recipe - **SUBSTITUTE BROWN SUGAR FOR THE WHITE**, as it's more flavorful.
- ✓ Use light or fat free whipped topping.
- ✓ If more than one choice of pie is offered, choose **ONE**, not a small slice of each - always choose the one that "rings your bell" (a 10 on a scale of 1 to 10)
- ✓ Eat the filling of the pie and just a bit or none of the high fat crust.

