

## WARREN COUNTY HEALTH DEPARTMENT WEIGHT MANAGEMENT CLASS

NOVEMBER 19, 2018

HAPPY THANKSGIVING!!!

THIS IS THE TIME OF YEAR TO GIVE THANKS FOR FAMILY, FRIENDS, AND GOOD HEALTH! (ACTUALLY THAT SHOULD BE EVERY DAY, RIGHT?) THE HIGHLIGHT OF THIS THURSDAY, OF COURSE, IS A BOUNTIFUL, INDULGENT FEAST. WE KNOW WE CAN STILL HAVE A DELICIOUS THANKSGIVING DINNER THAT'S ALSO HEALTHY...KEEP READING TO FIND OUT HOW!

TALKING TURKEY...

TRADITIONALLY THE CENTERPIECE OF MOST THANKSGIVING DINNERS, MEAT LOVERS NEED NOT WORRY! AS IT TURNS OUT, THIS IS A PRETTY HEALTHY BIRD! IT'S A DELICIOUS AND GREAT SOURCE OF LEAN PROTEIN. CONTRARY TO POPULAR BELIEF, THE SKIN ISN'T ALL THAT BAD, EITHER. ACCORDING TO A NUTRITION JOURNAL FROM HARVARD'S SCHOOL OF PUBLIC HEALTH, THE SKIN IS MORE MONOUNSATURATED (RATHER THAN SATURATED) FAT. IT ALSO CONTAINS ARGININE, AN AMINO ACID WHICH RESEARCHERS SUGGESTS MAY HELP OPEN ARTERIES. (I DID NOT KNOW THAT!) MORAL OF THE STORY...ENJOY THE SKIN, IN MODERATION, IF IT'S SOMETHING YOU LIKE.

IS THE DARK MEAT HIGHER IN CALORIES THAN THE BREAST? WELL, ACCORDING TO CALORIEKING, IT'S LESS THAN A 10 CALORIE PER OUNCE DIFFERENCE! DARK MEAT IS ALSO SLIGHTLY HIGHER IN IRON AND CERTAIN B VITAMINS. IF YOU PREFER THE DRUMSTICK, GO FOR IT!

SERVING SIZE AND PREPARATION METHOD WILL AFFECT THE CALORIE CONTENT, NATURALLY! I DON'T BELIEVE I'VE TASTED DEEP FRIED TURKEY, BUT I HEAR IT'S GOOD. I'LL JUST CHALK IT UP TO ANOTHER FOOD THAT I REALLY DON'T NEED TO EXPERIENCE! ROAST TURKEY BREAST, IN MY HUMBLE OPINION, IS PRETTY HARD TO BEAT!

AND NOW ABOUT THE SIDES...

**STUFFING:** GOOD! **STARCHY AND FATTY CALORIES:** BAD! WHAT TO DO? WELL, YOU COULD USE MY RECIPE FOR CROCK POT STUFFING AND GET *ONLY* THE STARCHY CALORIES! BY ADDING EVEN MORE VEGETABLES, YOU COULD FURTHER DILUTE THE CALORIE CONTENT. IT ALREADY HAS ONIONS AND CELERY - YOU COULD EASILY DOUBLE THE CELERY WITHOUT AFFECTING THE TASTE. I LOOKED IT UP ON THE INTERNET THIS MORNING; ADDING CARROTS AND ZUCCHINI SEEM TO BE PRETTY POPULAR, AS WELL. CHANGE CAN BE GOOD!

**SWEET POTATOES** ARE A PRETTY STANDARD ITEM ON MOST MENUS FOR THIS PARTICULAR DAY. I DON'T KNOW ABOUT YOU, BUT MARY LOU MADE A CASSEROLE OUT OF THEM - AND TOPPED THEM WITH MARSHMALLOWS! SO, YOU WERE BASICALLY EATING A DESSERT AS A SIDE DISH! DID I LIKE THEM? NOPE! I **LOVED** THEM! I REALLY DON'T BLAME MY MOM FOR MY INDECENT LOVE OF SUGAR - BUT I'M SURE THAT SOMETHING LIKE THIS DIDN'T HELP! MERELY ROASTING THE SWEET POTATOES WILL BRING OUT THEIR OWN YUMMY SWEETNESS. THE HEAT MAKES THE SUGAR CARMELIZE! THAT EVEN *SOUNDS* DECADENT, DOESN'T IT?!?

WE HAD **ROASTED BRUSSELS SPROUTS** FOR OUR THANKSGIVING FEAST IN HERE A COUPLE WEEKS AGO. **CONFIDENTIAL TO RUTHIE:** I TOLD YOU SO!!! ANYWAY. ROASTING FALL-TYPE VEGETABLES IS SUPER EASY - AND THEY'D BE A GREAT ADDITION TO ANYONE'S TABLE THIS COMING THURSDAY. RECIPES ARE INCLUDED AT THE END OF THIS LESSON, IN CASE YOU MISSED IT!

IF YOU HAVE SWEET POTATOES, YOU PROBABLY DON'T NEED WHITE POTATOES. THAT DOESN'T MEAN YOU DON'T WANT WHITE POTATOES! HOW ABOUT TRYING SOME **MASHED CAULIFLOWER**, INSTEAD? VERY SIMPLE RECIPE, VERY TASTY!

TRY TO THINK ABOUT *BALANCE*, IF YOU'RE THE ONE PLANNING THE MENU. STUFFING, TWO TYPES OF POTATOES, CORN, AND ROLLS?!? SERIOUSLY! IN THE DICKEY HOUSEHOLD, THESE ITEMS HAVE ALL BEEN ON THE MENU! WHEN IT'S AT MY HOUSE, I'VE TAKEN THE LIBERTY OF ELIMINATING AND REPLACING SOME OF THEM. YOU KNOW I HAVE NOTHING AGAINST CARBS, MOST ESPECIALLY THE HEALTHY TYPE! IF YOU'RE EATING ALL THOSE FOODS AT ONE SITTING, THOUGH, DON'T BLAME THE TRYPTOPHAN IN THE TURKEY FOR YOUR POST-MEAL DROWSINESS! IT DOES SEEM LIKE A LITTLE MUCH, DON'T YOU THINK?

GRAVY IS ONE OF THOSE "GOTCHA!" TOPPINGS. YOU CAN DROWN A WHOLE DAY OF GOOD INTENTIONS WITH JUST A CUP! I DID A LITTLE RESEARCH... MADE WITH DRIPPINGS AND FLOUR (HOW ELSE?!) IT WOULD ADD ALMOST 200 CALORIES TO YOUR PLATE! MEAT-BASED AND HIGH IN FAT, IT'S DEFINITELY IN THE DANGER ZONE! MAYBE YOU COULD TRY A SCHMEER OF **HOMEMADE CRANBERRY SAUCE** INSTEAD THIS YEAR. PEGGYANN BROUGHT IT TO OUR CLASS DINNER, AND IT WAS A HIT! BY THE WAY, CRANBERRIES ARE RICH IN ANTIOXIDANTS. IT'S A SHAME WE DON'T USE THEM MORE!

WHAT'S THANKSGIVING WITHOUT DESSERT? I MADE A **CRUSTLESS, SUGAR-FREE PUMPKIN PIE** FOR OUR FEAST - AND IT WAS SUPERB! PUMPKIN ITSELF IS HEALTHY AND LOW IN CALORIES. HOWEVER, YOU HAVE TO USE SUGAR AND SPICE TO MAKE IT TASTE LIKE SOMETHING YOU'D WANT TO EAT! MINE WAS SWEETENED WITH ERYTHRITOL. THAT SOUNDS LIKE SOMETHING YOU SHOULDN'T EAT - HOWEVER, IT'S MADE FROM INGREDIENTS FOUND IN SELECT FRUITS AND STARCHY ROOT VEGETABLES. IT CONTAINS NO ARTIFICIAL INGREDIENTS, PRESERVATIVES OR FLAVORS. IT'S ZERO-CALORIE, AND HAS NO EFFECT ON BLOOD SUGAR NOR INSULIN LEVELS. IT'S FAIRLY EASY TO USE, IN THAT IT REACTS LIKE SUGAR IN COOKING AND ALSO MEASURES CUP-FOR-CUP LIKE REGULAR SUGAR. IT'S CLASSIFIED BY THE FDA AS A 4 CARBON (SIMPLE) SUGAR ALCOHOL. SINCE IT IS A SUGAR ALCOHOL, CONSUMING LARGE AMOUNTS MAY CAUSE STOMACH UPSET. SO AGAIN: EVERYTHING IN MODERATION!

SO...WHERE DID I GET THIS STUFF? I COULD'VE ORDERED IT OFF AMAZON, ACCORDING TO MY BROTHER-IN-LAW DOUG. IN TYPICAL KATHY DICKEY FASHION, I WAITED TIL IT WAS TOO LATE! WHAT I HAD TO DO THEN WAS LOOK IT UP TO FIND OUT WHAT THE COMMON TRADE NAME WOULD BE, AND THEN TRY TO LOCATE IT IN A LOCAL GROCERY STORE. I CAME UP WITH A PRODUCT NAMED SWERVE, AND FOUND THAT MEIJER IN MIDDLETOWN CARRIES IT.

OUR "NO!" FOOD FOR THE COMING WEEK: **SWEETS!** (EXCEPT FOR ONE ITEM ON THIS THURSDAY!

HAVE A HAPPY, HEALTHY HOLIDAY!!! SEE YOU THE 26<sup>TH</sup>!



**SOMETHING'S UP**

**THE FARMER JUST UNFRIENDED  
ME ON FACEBOOK**