

WARREN COUNTY COMBINED HEALTH DISTRICT WEIGHT MANAGEMENT CLASS

NOVEMBER 25, 2019

THE 25 BEST & WORST FOODS FOR TURKEY DAY!

THANKSGIVING HAS BEEN REFERRED TO AS THE BIGGEST EATING HOLIDAY OF THE YEAR! GET THIS...RESEARCHERS FROM THE CALORIE CONTROL COUNCIL (YES, THAT'S AN ACTUAL THING! I GOOGLED IT!) REPORT THAT A NORMAL THANKSGIVING MEAL HAS 3,150 CALORIES AND 159 GRAMS OF FAT! THAT INCLUDES SOME APPETIZERS, TURKEY, SEVERAL SIDE DISHES, A GLASS OF SWEET TEA, A SLICE OF PECAN PIE, AND THE USE OF (ONLY!) A TABLESPOON OF BUTTER. BESIDES THAT, MANY NIBBLE THROUGH ANOTHER 1,500 CALORIES BEFORE AND AFTER THE BIG MEAL! GOBBLE GOBBLE!

OUTRAGEOUS, RIGHT?!? HOW TO ENJOY WITHOUT PUTTING YOURSELF AT RISK FOR A CORONARY? CHECK OUT THE FOLLOWING LIST, RANKED MOST TO LEAST HEALTHY FOODS. FILL YOUR PLATE WITH MAINLY ITEMS TOWARD THE TOP OF THE LIST! *MEANS RECIPE ATTACHED!*

- BRUSSELS SPROUTS*** THESE LITTLE NUGGETS ARE SUPER LOW IN CALORIES, AND THEY HAVE 3 GRAMS OF FIBER PER SERVING. THEY'RE ALSO FAIRLY HIGH IN A COMPOUND CALLED *GLUCOSINOLATES*, WHICH HAVE BEEN SHOWN TO FIGHT CANCER, PROTECT AGAINST DNA DAMAGE, DETOXYFY THE BODY, AND DECREASE INFLAMMATION. (THEY'RE WHAT MAKE BRUSSELS SPROUTS SMELLY!) I ROAST THEM WITH JUST A TOUCH OF OLIVE OIL...ONE POUND OF SPROUTS TO ONE TABLESPOON OF OLIVE OIL.
SERVING SIZE: 2/3 CUP
NUTRITION FACTS: 79 CAL / 4 G FIBER / 4 G PROTEIN / 4 G FAT
- COLLARD GREENS*** THIS IS A SOUTHERN FAVORITE...BEING FROM COLORADO, I THINK I'VE TASTED THESE ONLY ONCE OR TWICE IN MY LIFE. ANOTHER MEMBER OF THE CRUCIFEROUS FAMILY, THEY'RE AN EXCELLENT SOURCE OF VITAMINS A, C, & K, FOLATE (AKA FOLIC ACID), MANGANESE, & FIBER. A SINGLE SERVING HAS 10% OF THE DAILY RECOMMENDATION FOR IRON!
SERVING SIZE: 1 CUP
NUTRITION FACTS: 49 CAL / 5 G FIBER / 4 G PROTEIN / 0 G FAT
- SWEET POTATOES*** WOULD YOU BELIEVE THAT JUST A ½ CUP OF BAKED SWEET POTATO HAS MORE THAN 300% OF THE DAILY RECOMMENDATION FOR VITAMIN A? THAT'S THE FAT SOLUBLE VITAMIN WHICH KEEPS VISION, SKIN, MUCOUS MEMBRANES, AND MUSCLES HEALTHY. THEY'RE ALSO A GREAT SUPPLIER OF BETA CAROTENE, A POWERFUL ANTIOXIDANT THAT PROTECTS AGAINST AGING, CANCER, AND OTHER CHRONIC DISEASES.
SERVING SIZE: ½ CUP
NUTRITION FACTS: 109 CAL / 3 G FIBER / 3 G PROTEIN / 2.5 G FAT
- TURKEY BREAST** THE STAPLE OF MOST THANKSGIVING TABLES, THIS IS AN EXCELLENT LOW-FAT SOURCE OF PROTEIN. IT'S HIGH IN TRYPTOPHAN, WHICH IS A PRECURSOR TO THE MOOD-BOOSTING NEUROTRANSMITTER, SEROTONIN.
SERVING SIZE: 3 OZ
NUTRITION FACTS: 114 CALORIES / 0 G FIBER / 26 G PROTEIN / .5 G FAT

5. **GREEN BEANS*** GREEN BEANS ARE HIGH IN CANCER-FIGHTING ANTIOXIDANTS AND BOTH VITAMINS A & C. I DID NOT KNOW THIS...RESEARCH HAS SHOWN THAT THIS VEGGIE HAS MORE ANTIOXIDANTS THAN OTHER BEANS & PEAS.
SERVING SIZE: 1 CUP
NUTRITION FACTS: 84 CALORIES / 4 G FIBER / 2 G PROTEIN / 5 G FAT
6. **CARROTS*** WE ALL KNOW THAT THIS INEXPENSIVE VEGETABLE IS GREAT FOR OUR EYES – AMONG OTHER THINGS. THEY ALSO HAPPEN TO BE A GOOD SOURCE OF FIBER, WHICH HELPS CONTROL CHOLESTEROL LEVELS & KEEPS US FEELING FULLER, LONGER!
SERVING SIZE: 2 LARGE CARROTS
NUTRITION FACTS: 122 CALORIES / 6 G FIBER / 1 G PROTEIN / 5 G FAT
7. **HAM** IF HAM IS LEAN & BAKED, IT'S AN EXCELLENT SOURCE OF PROTEIN. IT'S ALSO RICH IN B VITAMINS, SUCH AS THIAMIN, NIACIN, AND B12, WHICH HELP CONVERT FOOD TO ENERGY, BOOST MOOD, ENHANCE THE NERVOUS SYSTEM, AND IMPROVE DIGESTIVE & MUSCLE FUNCTION.
SERVING SIZE: 3 OZ
NUTRITION FACTS: 105 CALORIES / 0 G FIBER / 11 G PROTEIN / 2 G FAT
8. **HOMEMADE CRANBERRY SAUCE*** THESE PRETTY LITTLE BERRIES ARE LOADED WITH PHYTOCHEMICALS, WHICH INCLUDE SEVERAL THINGS I CAN'T PRONOUNCE! THEY ARE KNOWN TO PREVENTS UTIs, INFLAMMATION, & CANCER.
SERVING SIZE: 1/4 CUP
NUTRITION FACTS: 21 CALORIES / 1 G FIBER / 0 G PROTEIN / 0 G FAT
9. **CORN** CORN IS A GOOD SOURCE OF FIBER, WHICH OF COURSE HELPS PROMOTE DIGESTIVE HEALTH & REGULATE BLOOD SUGAR LEVELS. IT'S A STARCHY VEGETABLE, SO WATCH YOUR SERVING SIZE...& YOUR PREPARATION METHOD.
SERVING SIZE: ½ CUP
NUTRITION FACTS: 66 CALORIES / 2 G FIBER / 2 G PROTEIN / 0 G FAT
10. **WINE** A SINGLE (SMALL!) GLASS OF WINE CONTAINS HEART-HEALTHY COMPOUNDS, KNOWN AS RESERVATROL, THAT PREVENT DAMAGE TO BLOOD VESSELS, REDUCE CLOT FORMATIONS, AND REGULATE BAD CHOLESTEROL.
SERVING SIZE: 5 OZ
NUTRITION FACTS: 125 CALORIES / 0 G FIBER / 0 G PROTEIN / 0 G FAT
11. **CANNED CRANBERRY SAUCE** WHILE CRANBERRIES OFFER THE SAME HEALTH BENEFITS (EVEN IF CANNED) THE CANNED SAUCE (SURPRISE!) HAS MORE CALORIES & 21 G OF SUGAR COMPARED TO JUST 1 G OF SUGAR IN THE HOMEMADE VARIETY.
SERVING SIZE: ¼ CUP
NUTRITION FACTS: 110 CALORIES / 3 G FIBER / 0 G PROTEIN / 0 G FAT
12. **APPLE CRISP** WITH A HEARTY HELPING OF FRESH APPLES, A SMALL AMOUNT OF BUTTER, AND NO CREAM, THIS DESSERT CAN BE MUCH LOWER IN CALORIES AND FAT WHEN COMPARED TO PUMPKIN OR PECAN PIE.
SERVING SIZE: ½ CUP
NUTRITION FACTS: 161 CALORIES / 1 G FIBER / 1 G PROTEIN / 3 G FAT

13. **GREEN BEAN CASSEROLE** THOUGH IT MAY BE QUICK & INEXPENSIVE, THIS IS ONE TRADITIONAL DISH THAT WON'T FIND A PLACE ON MY HOLIDAY TABLE THIS YEAR! JUST ONE CUP HAS THREE TIMES THE CALORIES & FAT AS DO PLAIN (AND ALREADY DELICIOUS!) GREEN BEANS!
SERVING SIZE: 1 CUP
NUTRITION FACTS: 142 CALORIES / 3 G FIBER / 3 G PROTEIN / 9 G FAT
14. **SWEET POTATO CASSEROLE** WHILE THE SWEET POTATO IS A HEAVY-HITTER, NUTRIENT-WISE, THE ADDITION OF BROWN SUGAR, BUTTER, AND MARSHMALLOWS DEFINITELY TAKE AWAY FROM IT.
SERVING SIZE: ½ CUP
NUTRITION FACTS: 250 CALORIES / 1 G FIBER / 4 G PROTEIN / 5 G FAT
15. **PUMPKIN PIE** HIGH IN CALORIES AND FAT, PUMPKIN PIE CONTAINS BUTTER, SUGAR, EGG YOLKS, AND SOMETIMES CREAM CHEESE. TO ADD INSULT TO INJURY, WE USUALLY TOP IT OFF WITH WHIPPED CREAM!
SERVING SIZE: 1/8 PIE
NUTRITION FACTS: 337 CALORIES / 2 G FIBER / 5 G PROTEIN / 13 G FAT
16. **APPLE PIE** THE POLYPHENOLS FOUND IN APPLES HELP REGULATE BLOOD SUGAR, REDUCE SUGAR ABSORPTION, AND STIMULATE INSULIN PRODUCTION...BUT YOU KNOW WHEN YOU MAKE A PIE YOU DOUSE IT IN BUTTER, SUGAR, & WHITE FLOUR – THE HEALTH BENEFITS, AT THAT POINT, ARE SUPER-DUPER OUTWEIGHED BY CALORIES & FAT!
SERVING SIZE: 1/8 PIE
NUTRITION FACTS: 411 CALORIES / 1 G FIBER / 4 G PROTEIN / 19 G FAT
17. **CORNBREAD** WHEN PREPARED WITH MILK, CORNBREAD DOES OFFER 15% OF YOUR DAILY RECOMMENDATION FOR CALCIUM. OTHER THAN THAT, IT'S FULL OF "EMPTY CALORIES."
SERVING SIZE: 2" SQUARE
NUTRITION FACTS: 173 CALORIES / 1 G FIBER / 4 G PROTEIN / 5 G FAT
18. **STUFFING** RECIPES VARY...INGREDIENTS THAT TYPICALLY MAKE THIS A HIGH FAT SIDE DISH INCLUDE GIBLETS, SAUSAGE, BUTTER, & GREASY DRIPPINGS. A SMALL SERVING OF THIS TYPE STUFFING HAS A LOT OF FAT & VERY LITTLE IN THE WAY OF NUTRITIONAL VALUE.
SERVING SIZE: ½ CUP
NUTRITION FACTS: 160 CALORIES / 1 G FIBER / 3 G PROTEIN / 9 G FAT
19. **MASHED POTATOES** HOW DO I LOVE THESE? LET ME COUNT THE WAYS: WITH BUTTER & CREAM, MOST LIKELY! PLUS, IF YOU TOP THEM WITH #24 ON THE LIST, YOU'LL ADD MORE THAN 200 EXTRA CALORIES TO YOUR MEAL! OR...SUBSTITUTE MASHED CAULIFLOWER FOR A MERE 20 CALORIES PER ¼ CUP!
SERVING SIZE: ½ CUP
NUTRITION FACTS: 116 CALORIES / 2 G FIBER / 2 G PROTEIN / 5 G FAT
20. **MAC 'N CHEESE** CLASSIC COMFORT FOOD, FOR SURE...IT DOES PROVIDE CALCIUM & PHOSPHOROUS WHICH HELP BUILD STRONG BONES – BUT IT'S ALSO HIGH IN ARTERY-CLOGGING SATURATED FAT, WHICH HAS BEEN LINKED TO HEART DISEASE WHEN CONSUMED IN EXCESS.
SERVING SIZE: ½ CUP
NUTRITION FACTS: 210 CALORIES / 1 G FIBER / 7 G PROTEIN / 12 G FAT

21. **PECAN PIE** PECANS ARE HIGH IN 19 VITAMINS & A GOOD SOURCE OF HEALTHY FATS & FIBER. HOWEVER! WRAP THEM UP IN SUGAR & BUTTER & TOP IT ALL OFF WITH WHIPPED CREAM OR ICE CREAM, AND YOU CAN EASILY CONSUME A DAYS' WORTH OF CALORIES!
SERVING SIZE: 1/8 PIE
NUTRITION FACTS: 503 CALORIES / 1 G FIBER / 6 G PROTEIN / 27 G FAT
22. **BREAD PUDDING** THE CINNAMON CAN HELP CONTROL BLOOD SUGAR AND REDUCE INFLAMMATION, BUT (DANG IT!) IT DOESN'T MAKE UP FOR THE LAYERS OF FATTY BUTTER & CREAM.
SERVING SIZE: ½ CUP
NUTRITION FACTS: 270 CALORIES / 1 G FIBER / 9 G PROTEIN / 12 G FAT
23. **BEER** DRINKING BEER ON ONE OF THE BIGGEST EATING DAYS OF THE YEAR CAN CAUSE A DOMINO EFFECT. BEER, LIKE OTHER FORMS OF ALCOHOL, LOWERS BLOOD SUGAR, WHICH CAN LEAVE YOUR BODY CRAVING SECONDS AT THE DINNER TABLE! DRINKING BEER ALSO CAUSES INFLAMMATION, SO IT CAN SLOW DOWN RECOVERY FROM YOUR MORNING WALK! (ENJOY A LITE BEER INSTEAD...100 CALORIES OR LESS!)
SERVING SIZE: 12 OZ
NUTRITION FACTS: 153 CALORIES / 0 G FIBER / 2 G PROTEIN / 0 G FAT
24. **CANNED GRAVY** WHILE #24 MAY BE LOWER IN CALORIES THAN #25, IT DOESN'T MEAN IT'S EXACTLY A HEALTHY OPTION. CANNED GRAVY GETS ITS FLAVOR FROM PLENTY OF SALT, SUGAR & PRESERVATIVES.
SERVING SIZE: ¼ CUP
NUTRITION FACTS: 25 CALORIES / 0 G FIBER / 1 G PROTEIN / 0 G FAT
25. **HOMEMADE GRAVY** MOST OFTEN MADE FROM PAN DRIPPINGS, GRAVY IS A HIGH CALORIE TOPPING FOR THANKSGIVING! BY THE WAY, THE FAT IS MOSTLY SATURATED!
SERVING SIZE: ¼ CUP
NUTRITION FACTS: 66 CALORIES / 0 G FIBER / 1 G PROTEIN / 5 G FAT

OUR "NO!" FOOD FOR THIS WEEK: **ICE CREAM / FROZEN TREATS**

