



Have You Heard?

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How To Pare Thanksgiving Calories

If you are trying to lose weight or simply follow a low-fat, heart-healthy diet, you may look toward the coming holiday season with mixed emotions. Tempting high calorie edibles seem unavoidable,

Turkey Talk Line

The Butterball Turkey Talk-Line is a toll-free hotline offering bilingual help to callers with turkey-related questions from how much to buy to food safety tips. Also, this year the Butterball Turkey Talk-Line will offer an informative recipe calendar.

Butterball Turkey

Talk-Line Dates and Hours:

- Nov. 1 - 24 - 8 a.m.-8 p.m.
 - Nov. 20 - 21, Weekend prior to Thanksgiving 8 a.m.-6 p.m.
 - Nov. 25, Thanksgiving Day, 6 a.m.-6 p.m.
 - Nov. 26 - Dec. 23, Monday through Friday, 8 a.m.-6 p.m.
- Turkey Talk-Line number is 1-800-323-4848 and for the hearing impaired the number is 1-800-TDD-3848.

and some may even arrive in your home as gifts. How can you resist? Should you?

If you want to keep your caloric intake reasonable, even when indulging yourself, here are some ways to do so:

*For pre-dinner snacks, serve a selection of raw vegetables and sliced fruit with high-fiber flatbreads instead of high-fat crackers. Non-fat or low-fat yogurt or blended low-fat cottage cheese (flavored with herbs, spices, mustard, and horseradish) makes a good substitute for sour cream dips.

*Do not think you have to serve or drink high-calorie cocktails. If you offer alcoholic drinks, pour measured amounts and don't push refills. Champagne and other wines taste good when blended with juice or club soda. Serve fla-

Hotline Help

For advice on modifying recipes to contain less fat and cholesterol, consumers and health professionals may call the Butterbuds Hotline at 800-231-1123 (in New York State: 800-336-0363), Monday - Friday, 9 a.m. - 5 p.m.

vored sparkling water on the rocks or blended with fruit juice, or alcohol-free Bloody Marys (highly spiced tomato juice).

*Don't eat the skin of the turkey, which contributes up to half the fat in a serving of poultry. Breast meat has fewer calories and less fat than dark meat. In fact, without the skin, poultry is one of the leanest meats there is.

*Baste your bird, moisten your stuffing, and make your gravy with flavorful but defatted stock. You can chill store-bought stock in the can and skim the fat before you use it. Or, some time before the holiday, make a generous amount of poultry stock and defat it. Stock freezes well in small packages and is easily thawed in a microwave.

*Serve sweet potatoes plain instead of candied, or mash them with orange juice and garnish with orange slices or pineapple. Acorn Squash and rutabagas are low-calorie substitutes for sweet potatoes.

*Plain, steamed green vegetables (such as string beans, Brussels sprouts and broccoli) and pearl onions without the cream sauce are an attractive addition to richer fare.

*Use skim milk rather than whole milk or cream in your mashed white potatoes. Let guests add butter if they want it.

*Make your own cranberry sauce, and experiment with smaller amounts of sugar than the package calls for. Add oranges, orange juice, and such spices as cloves and ginger.

*Remember that in most recipes two egg whites can replace one egg, and low-fat (1%) or skim milk works as well as whole milk.

Wild Game's Fat, Cholesterol Content

HUNTINGDON (Huntingdon Co.) — With hunting season around the corner, weight-watching hunters may want to know how wild game compares to domesticated meat in terms of fat and cholesterol.

"Many people in rural areas consume a significant amount of wild game," says Dr. J. Lynne Brown, associate professor of food science in Penn State's College of Agricultural Sciences. "But information on the fat and cholesterol content of deer, squirrel and other game often is lacking."

"Game meat tends to have the same amount of cholesterol as beef or pork, but considerably less fat than domestic meat," says Brown. Nutrition experts agree it is important for all adults — but especially those with heart prob-

lems — to limit their fat and cholesterol intake.

The National Cholesterol Education Program recommends that healthy adults limit their daily cholesterol intake to less than 300 milligrams and their fat intake to no more than 30 percent of total calories consumed daily.

The following table shows how wild game stacks up in comparison to beef and pork. The beef sample used is a well-trimmed USDA standard grade. All samples are 100 grams (3.5 ounces) of raw meat. The skin was removed from the birds.

Meat	Fat (grams)	Cholesterol (milligrams)	Calories
Beef	27	89	158
Pork	49	71	165
White-tailed deer	14	113	153
Mule deer	18	85	151
Antelope	10	113	148
Buffalo	32	45	146
Squirrel	32	83	149
Cottontail rabbit	24	77	144
Chicken (domestic)	07	58	140
Turkey (domestic)	15	60	146
Turkey (wild)	11	58	158

Many hunters and their families like to eat organ meats of wild game. The cholesterol content of both heart muscle and liver is high. Heart muscle contains 275 milligrams of cholesterol per 3.5 ounces of tissue and liver contains 450 milligrams per 3.5 ounces.

"The extent that you should worry about these cholesterol and fat figures should be balanced with how often you eat these organ meats," says Brown. "If heart stew is a once-a-year prized dish, a moderate portion shouldn't cause problems."

Gifts For Senior Citizens

- Spend time with them doing something they like.
- Take them shopping for food or some place of their choosing.
- A month's supply of heating fuel (oil, gas, wood).
- Pay for a routine prescription or health care items.
- Pay a utility bill (water, cable, trash collection).
- Provide a service, like shoveling snow or lawn care.

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