

Consuming Thoughts

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The first Thanksgiving was a celebration to give thanks for the bountiful harvest. Today, Thanksgiving has become the "pig-out" holiday, where people enjoy overeating. In fact, Thanksgiving heralds the holiday season of festivities that usually includes over-indulging in many favorite holiday foods that are high in fat and cholesterol. By the time January comes around, many of us find

we have wider waistlines and tighter clothes. It doesn't have to be this way. You can come through this holiday season unscathed by using modified recipes and following these suggestions:

- Don't starve yourself before a big dinner. It is too easy to overeat when you are very hungry.
- Start the meal with a clear soup such as chicken or vegetable

soup. These relatively low-calorie soups will fill you up so you don't overeat other high calorie foods.

- Take a walk. Walking after a meal can aid digestion and help burn off some of the calories.

- Modify recipes whenever possible. If you must serve creamed dishes, make the sauces without added fat and use evaporated skim milk instead of cream. Try finding alternatives for high fat, high calorie foods. Try reducing the fat or sugar in a recipe. In some recipes, solid shortenings can be replaced by vegetable oil, reducing the amount by 1/4-1/3 of the amount called for in the recipe.

- Plan before you go to a party. Have a cup of soup and a salad just before you go. Try to eat conservative amounts of foods, and drink plenty of water or seltzer.

Don't give up on your old favorite recipes for the holiday! Instead, sit down and adjust them for less sugar, salt, and fat.

The following list can help you with these changes, and the recipes are examples of what can be done in preparation and ingredients.

| Instead of: | Use: |
|---|---|
| Butter, shortening, lard, bacon fat, stick margarine, coconut or palm oil | Canola, corn, sunflower, safflower, or soybean oil; soft tub margarine (use slightly less oil when substituting for a solid fat). Use nonstick cooking spray. |
| Sour cream | Low-fat yogurt; 1 cup low-fat cottage cheese plus 1 tablespoon lemon juice; 1 can evaporated skim plus 1 teaspoon lemon juice |
| 1 ounce square baking chocolate | 3 tablespoons cocoa plus 1 tablespoon vegetable oil or margarine |
| Pistachios, peanuts, filberts | Walnuts |
| Whole eggs | 1 egg white plus 2 teaspoons vegetable oil; decrease number of eggs; or use egg substitute |
| Whole milk | Skim or low-fat milk |
| Whole milk yogurt | Low-fat yogurt or non-fat yogurt |
| Heavy or whipping cream | Evaporated skim milk |
| Whipped topping | 1/4 cup skim milk beat with 1/4 cup ice water, add lemon juice and sugar to taste |
| Gravy from meat drippings | Heated beef broth and cornstarch. Chill, then skim off fat. Limit the amount used. |
| Sauces, dressings made from creams, fats, oils | Sauces, dressings made from vinegar, tomato juice, fat-free bouillon, low-fat yogurt. |

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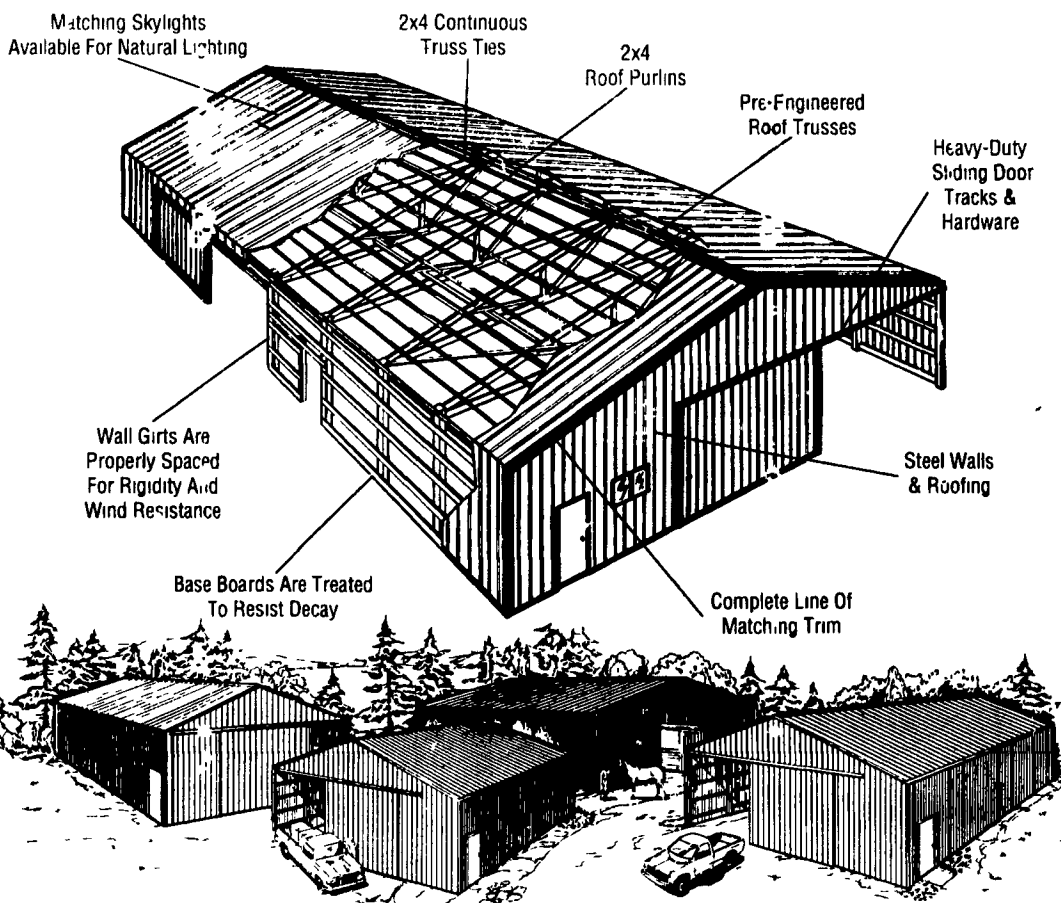
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