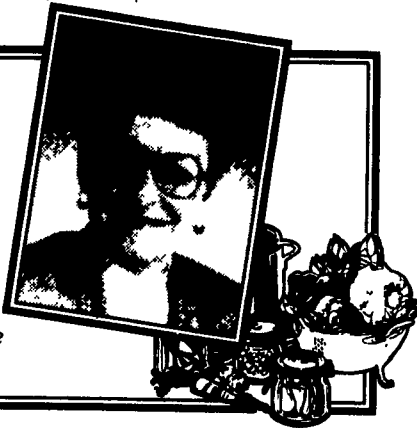


**Consuming Thoughts**  
by  
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The holiday season is upon us once more. Festive meals with friends and family become the focus of food. In addition to making the many holiday desserts that are so much part of holiday cheer, you can help family and friends meet the 5 a Day challenge without missing out on all those traditional dishes.

The 5 a Day challenge is an encouragement by the Pennsylvania 5 a Day Coalition to remind individuals to eat 5 or more servings of fruits and vegetables each

day. Fruit can be a part of the holiday tradition. Fruit juice can be the base of punches served at family gatherings. Since you want everyone to get home safe, a non alcoholic fruit punch would be a way of expressing your concern about having a good and safe time.

Offering a mixture of both traditional baked goods and lower calorie desserts opens up choices to your friends and family. They might really appreciate having a choice or being able to enjoy both.

The recipes that follow might fit in your holiday menu plan.

Vegetables can be a focus for the holidays. Sweet potatoes get the spotlight as part of the traditional holiday feast. Offer your guests sweet potatoes baked in the microwave as alternative to canned sweet potatoes. Slit their skin while hot and add a touch of butter. Place them on the table as a choice for the calorie conscious at your meal. Traditionally many cooks make candied sweet potatoes at the holidays which are often high in sugar and fat.

When planning your holiday buffet, remember that plain and simple vegetables can still be a key part of holiday eating. Relish trays loaded with raw broccoli, cauliflower, carrots, peppers, mushrooms and radishes provide color and help those attending meet the 5 a Day challenge. Choose a low fat salad dressing to use with the relish tray - a number of these have great taste at half the calories. Eat and enjoy. Happy holidays!

chilled

In pitcher combine fruit juices, soda and ice; stir well. Garnish each serving with orange and lemon carthweel slices, if desired. Make 9 oz. servings. Nutritional information per serving: calories 87; fat 9 g; cholesterol 9 mg; fiber 1 g; sodium 14 mg.

**Sherry Ambrosia**  
(an official 5 a Day recipe from the Pennsylvania 5 a Day Coalition)  
1/2 cups orange slices  
1 cup fresh grapefruit sections  
2 medium red apples  
2 tablespoons dry sherry OR sherry extract  
1 teaspoon fresh lemon juice  
2 teaspoons sugar or sugar substitute or equal 2 teaspoons

sugar

1/2 cup sliced banana  
2 tablespoons flaked coconut  
3 maraschino cherries, drained  
Cut orange sections into halves, grapefruit sections into quarters, and cored (but not pared) apples into small bite-sized cubes. Mix these fruits with sherry or sherry extract, lemon juice, and sugar substitute. Cover and chill for 1 hour or longer. Just before serving, add banana; mix well. Spoon into 5 individual dessert dishes and scatter coconut on top of fruit. Slice maraschino cherries; place a few slices on top of coconut.

Nutritional information per serving: calories 82; fat 1 g; cholesterol 0 mg; fiber 2 g; sodium 6 mg.

**Telephone Skills Boost Child's Confidence**

With four to six-year-olds, parents should encourage the memorization of a child's home phone number. Make this into a game. Show your child your phone number. Ask him to say each number aloud as you point to it.

Then ask the child to copy each number on a separate square of paper. Put the squares in the order of your phone number. Practice saying the numbers. Then test your child by scrambling the slips and asking him/her to order them

correctly.

Without looking at the phone, ask your child to write down the phone number. Post this accomplishment for all to see.

Finally, when you and your child are away from home (and some adult is at home) have your child practice dialing the number of your home and speaking with the person who answers.

This simple practice can boost their self-esteem and can also prepare them for emergencies.



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**Holiday Citrus Punch**  
(an official 5 a Day recipe from the Pennsylvania 5 a Day Coalition)  
Juice of 4 oranges (1 1/2 cups)  
Juice of 1 lemon  
1 can (6 oz.) Unsweetened pineapple juice, chilled  
Ice cubes  
1 can (6 oz.) apple juice, chilled  
1 can (12 oz.) low calorie lemon-lime flavored soda,

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