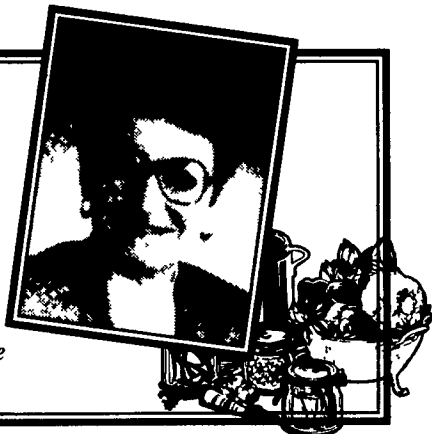


Consuming Thoughts

by
Fay Strickler

Penn State Extension Home Economist For Berks Co.



To many Americans, the holiday season means family feasts and celebrating with good friends. But overindulgence at Thanksgiving, Hanukkah and Christmas often leads to a New Year's resolution to lose weight.

This year, resolve to maintain a healthy lifestyle and still enjoy the festivities. It's easier than it sounds.

For example, the traditional centerpiece of most holiday tables is a plump, roasted turkey — an excellent low-calorie, low-fat main course. There are only 163 calories in a three-ounce serving of white meat without the skin. But use good judgment when buying the bird. Some self-basting turkeys are injected with oil high in saturated fat and sodium. Choose a plain frozen turkey instead, or check the labels for a self-basting brand that uses unsaturated vegetable oils.

Turkey isn't the only admissible entree. For those who prefer something a little different, Cornish hens might be the answer. Wild duck and pheasant are acceptably lean, as are par-

tridge, quail and other small birds. Venison is very lean, and rabbit, possessing a flavor akin to chicken, has only a fraction of chicken's fat. The American Heart Association Cookbook has several tasty game recipes.

Try not to offset the heart healthiness of the main course by going overboard on the trimmings. Learn to make a low-fat gravy, and say "no" to that extra helping of dressing. Vegetables are practically fat-free and low in calories, so don't be bashful

about asking for seconds. But the calorie should know that butter and cream sauces add unnecessary fat and cholesterol. Flavor

with garlic, onion, lemon juice, herbs or spices instead.

The good news is, there's no reason to skip dessert. Simply use a few tricks to make cookies, cakes and pies that taste great, but have less fat and cholesterol. For example, substitute evaporated skim milk for evaporated milk, use two egg whites instead of one whole egg (two egg whites + one teaspoon vegetable oil = one whole egg), and choose low-fat toppings over whipped cream. And don't forget that a simple bowl of mixed fruit is a natural way to satisfy the sweet tooth.

Even if major holiday meals are under control, there is great temptation to nibble at office parties, neighborhood gatherings and family reunions. A smart snacker passes up baked goods and highly salted nuts and chips in favor of raw vegetables or fruit treats. Party-goers who can't resist the former should get involved in a stimulating conversation as far from the food table as possible.

New Weigh Of Life Classes Set

LANCASTER (Lancaster Co.) — If you're planning on improving your health or losing weight in the new millennium, you can attain your resolution in classes offered by Penn State Cooperative Extension in Lancaster County.

You'll learn how to make simple changes in your eating and activity habits to reduce high levels of blood pressure and cholesterol. Borderline diabetics can also benefit.

Small improvements can make a big difference in your health. Both day and evening classes will be offered beginning

the week of Jan. 15 at the Farm and Home Center, as well as the Conestoga Valley Community Center near Leola. The cost is \$70 (\$55 for each additional family member) which is covered by many insurance plans.

The workshop at the Farm and Home Center will be from 9:30 a.m. to 11:30 a.m. on Tuesdays, Jan. 16, 23, 30, Feb. 6, 13, 20, 27, March 6, 13, 20, and 27.

The workshop at the Conestoga Valley Community Center will be from 7 p.m. to 9 p.m. on Thursdays, Jan. 18, 25, Feb. 1, 8, 15, 22 and March 1, 8, 15, 22, and 29.

Electrical Safety

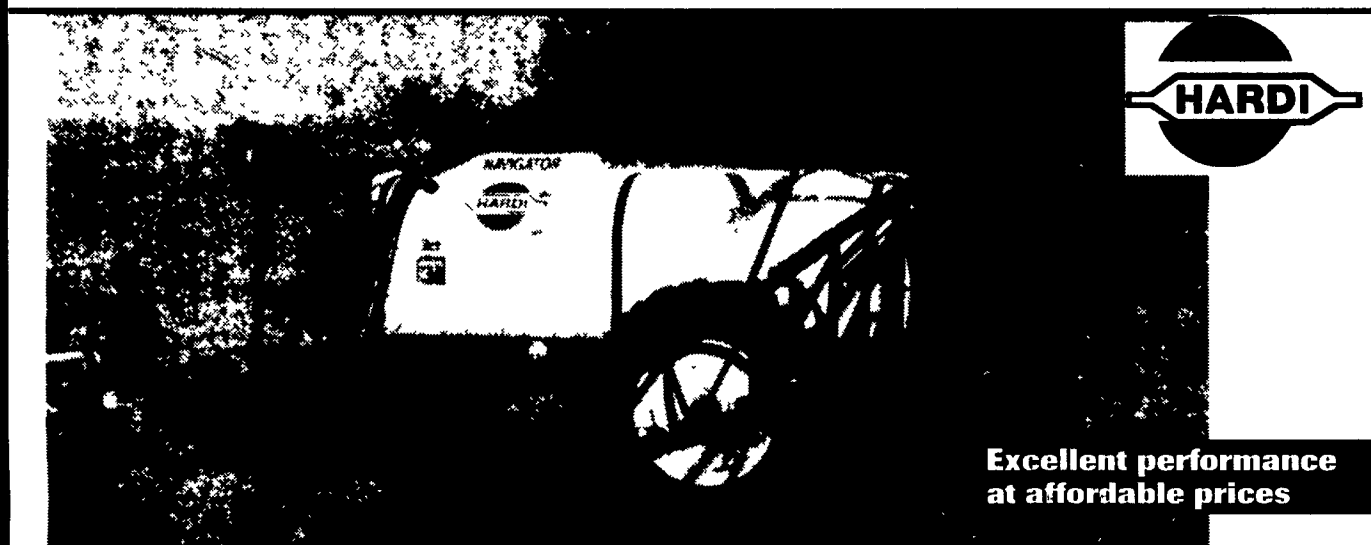
Follow these electrical safety tips to ensure a safe festive season:

- Don't use lights with worn insulation, broken plugs and loose sockets.
- Be careful when hanging decorations close to fireplaces in use.
- Be sure fireplace openings are covered with a sturdy metal

screen or heat tempered glass door.

- Do no overload circuits with too many electrical decorations or devices. Check product labels for the maximum number of light strings that you can safely connect together.
- Turn off tree lights before leaving home or going to bed.

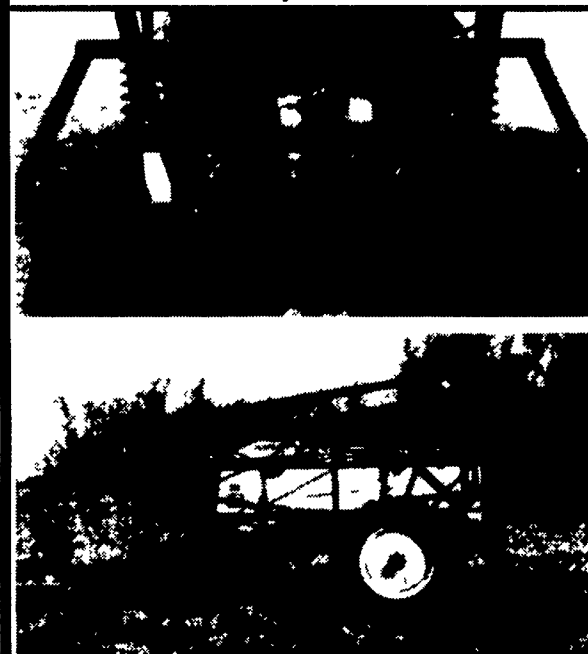
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