

IN THE KNOW ABOUT NUTRITION

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Tis' the Season to be Healthy!

Do not let a growing waistline accompany the meals you eat this holiday season; stay smart and be healthy. Thanksgiving, Christmas, and New Years have become holidays where we all eat too much of that calorically dense food. Did you know the average person consumes over 5,000 calories on these days? That is more than twice the daily recommendation.

Let's bring in the New Year without the added calories and pounds...it can be done! Just follow these guidelines and "Maintain No Gain."

- **First**, don't give up your staples. Simple modifications will do. Look for low-fat alternatives when purchasing ingredients on made from scratch dishes. Low-fat substitutes usually won't change the taste of a dish. Many common items can be found in low-fat varieties, for example: sour cream, coffee creamer, milk, mayonnaise, cool whip, and cream cheese.
- **Second**, utilize a small plate at meal times. This will encourage you to put less of each dish on your plate thus reducing your overall intake. This will also allow your body time to digest and register the food you are eating, ultimately leading to you feeling full and hopefully not making that trip back to the buffet for seconds, thirds, or fourths!
- **Finally**, the one we have all been waiting for, the dessert bar! We all love to sample each dessert, just use portion control. Have a bite not a piece of each. Look for recipes that are low calorie and low-fat desserts, modified versions of your favorites.

Some examples of easy substitutions are: use of meringue rather than cool whip for cream pies, Splenda® or other sugar substitute instead of real sugar, and low fat milk.

Be realistic. Don't try to loose pounds during the holidays, instead try to maintain your current weight. Save weight loss for your new year's resolution if needed.

Tips and Tricks:

- ❖ Presentation is very important, make your fruit and veggies look fun and appetizing!
- ❖ Pre-packaging or plating food items using the correct serving size will enable everyone to eat the correct amounts of each option without even knowing it.
- ❖ The more food items you bring to the occasion, the more control and information you have over the calorie content.

Do you need some motivation to exercise this holiday season? Do you know the amount of work it takes to burn off 1 slice of your favorite dessert?

Apple Pie:

415 Calories; 20g of Fat

- Treadmill: 43 minutes
- Elliptical: 68 minutes

Pumpkin Pie:

325 Calories; 15g of Fat

- Treadmill: 33 minutes
- Elliptical: 53 minutes

Boston Cream Pie:

180 Calories; 6g of Fat

- Treadmill: 18 minutes
- Elliptical: 28 minutes

While pie recipes and weights vary, this is a good estimate of some holiday desserts done on an average weighted man.

Unfortunately our traditional gravy that we soak our turkey and sides in is just plain fat. While we can not change that, we can drain some and make it the right kind of fat. Below is a recipe using walnut gravy. Walnuts (or any other nut) contain “good fats,” that promote heart health and are a natural anti-inflammatory. So, if you must have the gravy...try this one.

This recipe also uses oil instead of butter for basting; lessening your calories and fat even more.

Oil-Basted Parmesan Turkey with Walnut Gravy

12-13 pounds fresh or frozen turkey, thawed and at room temperature

¼ cup toasted walnut oil, divided

3 tablespoons chopped fresh thyme leaves

1 teaspoon kosher salt, divided

1 teaspoon freshly ground black pepper, divided

½ cup Parmigianino cheese, finely shredded

4 pears, halved and divided

2 onions, halved and divided

Cooking spray

4½ cups unsalted chicken stock, divided

5 tablespoons all-purpose flour

½ cup chopped walnuts, toasted

1. Preheat oven to 500°F.
2. Remove giblets and neck from turkey; discard. Combine 1 tablespoon oil, thyme, ½ teaspoon

salt, ½ teaspoon pepper, and cheese in a small bowl. Rub cheese mixture under loosened skin over flesh. Place 1 pear and 1 onion in cavity. Lift wing tips up and over back; tuck under turkey. Tie legs together with kitchen twine. Place turkey on the rack of a roasting pan coated with cooking spray. Arrange remaining 3 pears and remaining onion, cut sides down, in a roasting pan coated with cooking spray; place rack with turkey in pan. Bake at 500°F for 30 minutes. Pour 1½ cups stock over turkey; reduce heat to 350°F. Bake at 350°F for 1 hour. Pour 1½ cups stock over turkey; bake for 10 minutes. Brush ½ tablespoons walnut oil over turkey; bake 20 minutes. Brush remaining ½ tablespoons walnut oil over turkey; bake 10 minutes or until a thermometer inserted in the thickest part of the thigh registers 160°. Remove from oven. Let stand (breast side down) 30 minutes.

3. Strain pan dripping through a sieve into a bowl; discard solids. Place a zip-top plastic bag inside a 2 cup glass measure. Pour pan drippings into bag. Let stand 10 minutes (fat will rise to the top.).
4. Seal bag; carefully snip off 1 bottom corner of bag. Drain drippings into a saucepan, stopping before fat layer reaches opening; discard fat. Combine remaining 1½ cups stock and flour in a bowl, stirring with a whisk. Add stock mixture and walnuts to pan; bring to a boil. Reduce heat, and simmer 10 minutes or until mixture thickens. Remove from heat; stir in remaining ½ teaspoon salt and remaining ½ teaspoon pepper. Pour mixture into a blender. Remove center piece of blender lid (to allow steam to escape); secure lid on blender. Process until smooth. Serve gravy with turkey.

Recipe source: *Cooking Light Magazine*
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