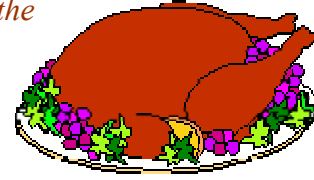


Lightening Up Thanksgiving Dinner

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Thanksgiving is right around the corner and we all look forward to traditions we have created for this special day. One tradition we look forward to is the endless amounts of wonderful home cooked food and the leftovers we will have for days to come. One tradition we do not look forward to is the effect large amounts of food could have on our bodies. These following ideas will help you lighten up your thanksgiving dinner, make it more nutritious, and let you enjoy the foods you love.



- **Turkey**- Lower the sodium content of your turkey selecting a plain bird in place of a self-basting bird. If you're worried about dry turkey, bake with the skin on and don't over bake the bird.
- **Gravy**- Reduce the fat in gravy by using a fat-skimmer cup or freeze the juice in a shallow pan so the fat can be easily removed.
- **Dressing**-add sautéed onions, celery, apples and cooked rice to a box of low-sodium stuffing mix. Mix with a little broth and bake for a half hour.
- **Candied yams**-Leave out the margarine, butter and marshmallows, and sweeten with apple or orange juice and ground cinnamon.
- **Green bean casserole**- Replace cream soup with fat-free half-n-half, and almonds to top it off in place of fried onion rings.
- **Mashed potatoes**- Cut out the whole milk, and use skim milk instead. Add garlic powder and some parmesan cheese to spice it up. Butter can also be replaced with margarine
- **Rolls & Breads**- Try using half whole-grain flour and half white flour to increase your fiber and other nutrients
- **Rice, pasta, stuffing and vegetables**- Top these off with lower fat sauces such as chicken broth, lemon juice, herbs, low-fat margarine or hot sauce.
- **Deserts**- Use only single crust pies or replace the pastry crust with a lighter graham cracker crust.

Remember:

- ❖ Enjoy all foods, but watch the portion sizes and rethink second helpings.
- ❖ Listen to your body. Generally it takes 20 minutes for your brain to tell you your full, so eat slowly. The food you have spent hours making is worth enjoying.
- ❖ Thanksgiving is a time to socialize as well as eat. After dinner socialize in a location where the food is out of reach.

Sources:

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