

Nutrition Connection

The latest news and events from the [Kendall Anderson Nutrition Center](#) at Colorado State University

Thankful for Thanksgiving

Many people associate Thanksgiving with heaps of rich, savory foods and celebrating with family and friends. For some, unfortunately, this meal signifies the end of their healthy eating habits for the year. But there are many ways to make the traditional Thanksgiving meal with a healthier twist, and that's something we can all be thankful for!

Healthful Thanksgiving Makeovers

Mashed Potatoes and Gravy

Mashed potatoes are usually loaded with butter and salt so here are a few suggestions to make this comfort food a little better for you.

- Leave the skin on your potatoes; potato skins contain many nutrients, including fiber and potassium.
- Use garlic or chives instead of adding a lot of extra salt; this will add nice flavor without maxing out your sodium intake.
- Add a mixture of yogurt and low fat milk to make your potatoes creamy without added fat from butter.
- If you want to make your gravy a little healthier too, use reduced sodium broth and a low fat butter substitute.



Stuffing

This dish is a favorite for many people, so try making it a little healthier this year.

- Replace half the white bread with whole wheat bread to include some whole grains.
- Experiment with different types of herbs and seasonings to help cut back on salt.
- Add carrots, onions and apples to add flavor and a serving of vegetable and fruit.
- Bake the stuffing in a casserole dish instead of inside the bird.

Green Beans

Green beans are naturally nutritious, but cooking them with cream of mushroom soup and fried onions makes them a less healthful side dish. To reduce fat and sodium, try steaming your green beans with lemon and other seasonings, or roast with chopped onion, poultry seasonings, and a touch of salt.

More Tips for a Healthier Holiday

Portion Control

Many people gain weight over the holiday season (now through January 1) and never truly lose that weight. Here are some tips to keep your weight in check:

- Use smaller plates. If you fill up one small plate, it still has the potential to be much less food than a less-full large plate.
- Take your time. Instead of rushing through your meal or snack, slow down and listen to your body; it will tell you when it is time to stop if you pay attention to it.
- Skip seconds. Leftovers are never a bad thing, and if you limit yourself to one plate you can enjoy a dessert without feeling guilty about it later.

How Much Turkey do I Need?

In keeping with the portion control theme, choosing the right turkey size for your gathering can be a great way to keep yourself and others from overeating. It is a fairly simple process to determine how much turkey you need.

- Step 1: Decide if you want to have leftovers or not.
- Step 2: If you do not want leftovers, simply count one pound of turkey for each person that you will be serving.
- Step 3: If you do want leftovers, count 1½ pounds for each person you are serving.
- Example: 5 people without left overs = 5 pound turkey
5 people with left overs = 7½ pound turkey

Go Heavy on the Veggies

Fall veggies are some of the most exciting and flavorful of the whole year! Take advantage of this and load up your Thanksgiving Day meal with a variety of seasonal vegetables. Some favorites are sweet potatoes, squash, onions, carrots, peas and pumpkins. All of these vegetables are high in nutrients and they are tasty as well. You can add these to almost any dish for extra flavor and if you do happen to overeat a little, it's better to fill up on vegetables than on other starchy carbohydrates or desserts!

Reducing Plate Waste

Since October was National Food Month, we are going to continue our focus on reducing plate waste, which also fits nicely with portion control. The WorldWatch Institute has some tips to help us both keep our portions in check and reduce the amount of waste created.

- Plan ahead - make a shopping list so you do not buy anything you don't need.
- Go small - use smaller plates and bowls to keep your serving sizes in check.
- Store or dispose of left overs properly - don't leave your food out for longer than 2 hours, and compost any food scraps.

Pumpkin Stuffing Recipe

This delicious, nutritious dressing goes well alongside turkey, ham, or other holiday entrees!

Ingredients

- 1 cup diced pumpkin (from 1 whole small pumpkin)
or 1 cup diced sweet potato
- 3 tablespoons vegetable oil
- 1 ½ cups diced sweet onions
- 1 ½ cups diced celery
- ¼ cup fresh thyme leaves, finely chopped
- ¼ cup fresh sage leaves, finely chopped
- Salt and cracked black pepper
- 2 ½ cups cornbread stuffing mix or whole grain bread
of choice, broken into small pieces
- 1 egg, beaten
- ¼ cup chicken broth (use low sodium broth if you would like to lower the sodium content)



Directions

Preheat oven to 425°F.

To prepare diced pumpkin or sweet potato, cut the whole pumpkin or potato into quarters; be sure to remove and discard the pumpkin seeds and pulp. Place the quarter pieces on a baking sheet and roast until tender, about 30 minutes. Let cool then peel away skin and dice. Set aside. Lower oven temperature to 350 °F.

In a large skillet, cook 2 tablespoons oil over medium heat. Add onion, celery, thyme, and sage, and sauté for 5 minutes or until tender. Season to taste with salt and cracked black pepper.

Meanwhile, add cornbread stuffing mix or bread to a large bowl. Add sautéed vegetables to the bowl. Stir in remaining 1 tablespoon oil, beaten egg, and 1 cup of the diced, roasted pumpkin/sweet potato and mix well. Add the chicken broth and mix well.

Transfer to a medium-sized casserole dish. Bake for 45 minutes.

Serving Size: ½ cup

Yield: 10 servings

Photo by [FoodCraftLab/Flickr](#)

Nutritional Information/ Amount per serving:

Calories	126	Protein	3g
Total Fat	6g	Total Carbohydrates	16g
Saturated Fat	3g	Dietary Fiber	2g
Cholesterol	41mg	Sodium	201mg

Get Healthy With KANC!

DINING WITH DIABETES

Developed and led by Registered Dietitians, this program offers a proactive approach to teach you the most important things to help you take control of your life and your diabetes!

- WHO:** This program is for anyone with Prediabetes, type 1 diabetes, type 2 diabetes or gestational diabetes.
- WHEN:** Tuesdays, November 3 - December 1; 5:30-7 pm
(No meeting November 24)
- WHAT:** Educational program plus hands-on cooking and meal provided weekly
- COST:** \$100 (\$60 for CSU students and employees)

NOVEMBER is AMERICAN DIABETES MONTH

If you cannot make it to Dining With Diabetes, consider an individual nutrition coaching appointment to improve your diabetes management or your ability to prevent diabetes! Call (970) 491-8615 for more information.



HEALTHY YOU (Coming January 2016)

Our 6-week program uses a non-diet approach to help achieve or maintain your healthiest weight while teaching you mindfulness along with nutrition concepts and skills.

- WHO:** Anyone who want to get healthier
- WHEN:** Thursdays, January 14 - February 18, 2016; 5:30-7 pm
- WHAT:** Engaging class with program manual, pedometer, weekly snacks and prizes and the social support of a great group environment!
- COST:** \$100 (\$60 for CSU students and employees)
Not CSU? Sign-up with a partner and each save \$25!

Location for all activities: Room 114 Gifford building on the CSU campus

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