

The Healthy Hoya



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Holiday Helpings—Done Right!

Concerned about gaining weight this holiday season? You don't have to! Holiday gatherings are much more than food and drinks. They are a time to treasure the traditions of the season, and enjoy the company of family and friends. Follow these healthy tips and enjoy the holidays happy and guilt-free.



1. Trim back the trimmings. To shave calories, go easy when adding nuts, cheese, cream sauces, gravy, butter, and whipped cream -- additions that don't add much but lots of calories to the meal.

2. Wear snug clothes & keep one hand busy. When wearing snug-fitting attire, chances are you'll be less likely to overeat. When socializing around food, hold a drink in your dominant hand so it won't be as easy to grab food.

3. Chew gum. When you don't want to eat, pop a piece of sugarless gum into your mouth. This works well when you're cooking or when you're trying not to dive into the buffet.

4. Be a food snob. If you don't love it, don't eat it. Scan the buffet for your personal holiday favorites and skip the dishes that are available all year long; consume slowly to savor every bite.

5. No skipping meals. Always eat normally on the day of a party. Eating sensibly throughout the day will take the edge off the appetite and empower a bit of restraint.

6. Check it out. A buffet is an invitation to eat all you can, and unless you carefully scrutinize it and make wise choices, you're likely to overeat.

7. Add fun & games. Take the focus off food and get family and friends more active during holiday gatherings. Try horseshoes, badminton, sledding, ice skating, or a game of charades.

8. Alternate alcohol with nonalcoholic beverages. Alcoholic drinks are loaded with calories -- especially holiday favorites like eggnog. Cut your alcohol calories in half by alternating water or seltzer between alcoholic beverages.

9. Skip the appetizers. Pigs in a blanket, baked brie, dips and chips...all loaded with calories. If you need to nibble before the meal, go for the veggies, fruit, salsa, or a small handful of nuts.

10. Bring a healthy dish. Revamp a holiday dish by making it low-fat and packed with fiber.

Information compiled from
WebMD.com and FoodandHealth.org

TASTY, NUTRICIOUS PUMPKIN

Using canned pumpkin saves lots of time, while retaining the vegetable's nutritional benefits, including fiber and beta-carotene. Research suggests that foods high in beta-carotene may decrease the



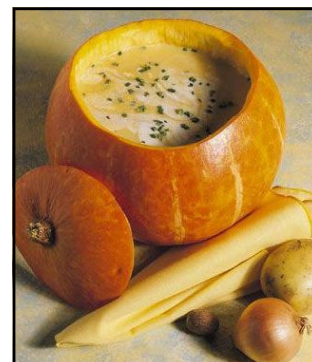
risk of esophageal cancer, while a diet rich in fiber protects against colorectal cancer. When purchasing canned pumpkin, avoid those labeled "pumpkin pie mix," as they contain added sugar.

Nutrients	Raw	Cooked	Canned
Serving Size (cup)	1/2	1/2	1/2
Calories	15.1	24.5	41.7
Fiber	0.29	1.3	3.6
Vitamin A (% RDI)	928	1325.5	27018.6
Vitamin C (% RDI)	8.7	9.7	8.5
Iron (% RDI)	2.6	3.9	9.4

TRY A HEALTHY RECIPE... PUMPKIN BISQUE!

INGREDIENTS

- 1 Tbsp. canola oil
- 1 apple (any kind), peeled, cored, seeded and coarsely chopped
- 1 leek, white part only, finely chopped
- 4 cups fat-free, reduced-sodium chicken or vegetable broth
- 1 sweet potato, peeled, halved lengthwise and cut in 1/2-inch slices
- 1 (15 oz.) can puréed pumpkin
- 1/4 teaspoon dried thyme leaves
- 1 Tbsp. curry powder
- Salt and freshly ground pepper, to taste
- 4 tsp. finely minced chives, for garnish



METHOD

- 1 In a large, heavy saucepan, heat oil over medium-high heat. Sauté apple and leek until the leek softens, about 4 minutes.
- 2 Add the broth, sweet potato, pumpkin, curry and thyme. Bring the soup to a boil over high heat, then reduce the heat and simmer uncovered until the potato and apple are soft when pierced with a knife, about 20 to 25 minutes.
- 3 Transfer soup to a blender or food processor and purée. Add salt and pepper to taste. Divide among 6 bowls. Garnish with the chives and serve. Makes 6 cups.

Makes 6 servings.

NUTRITION FACTS

8 ounce serving

97 calories

16 g carbohydrate

393 mg sodium

3 g total fat

4 g protein

0 g saturated fat

4 g dietary fiber