



FROM OUR MEDICAL DIRECTOR

Happy Holidays! This time of year is a great time to reflect on what is important in your life and think about your future goals and plans. At the Obesity Prevention Foundation, our goal is to make children's lives healthier and now is a great time to focus on the health of your family. With the holidays typically comes gatherings with friends and family that involve food! As you plan for this year's events, seek out ideas on healthful cooking and ways to increase your families physical activity levels. If you know a family favorite meal is high in calories, make some simple changes to reduce the calories.

In this month's newsletter, we will provide you with some tips and tools to make this holiday season your families healthiest one yet! From all of us at the Obesity Prevention Foundation, we wish you and your family a happy and healthy holiday season and wish you a great New Year.

Healthfully Yours,
Kent Sasse, MD, MPH, FACS, FACRS

Holiday Calories!

So how many calories are in that holiday meal anyway? You might be surprised!

- 6 ounces of dark and white meat turkey - **450 calories**
- 1 cup of stuffing - **400 calories**
- 1 cup of giblet gravy - **300 calories**
- 1 cup of mashed potatoes - **350 calories**
- 1 cup of candied sweet potatoes - **400 calories**
- 2 rolls with butter - **300 calories**
- 1 slice of pumpkin pie with topping - **450 calories**

Grand Total: 2,650 calories

Remember, this is just one meal's worth of calories! Don't forget the other things you are eating that day!

Enjoy your holiday meals but think about what you are putting on your plate before eating! Your tummy will thank you later!

Healthy Cooking Substitutions

As you plan for your holiday meals, consider making some of these simple recipe substitutions to make your meal just a little bit healthier!

Sour Cream Substitutions:

Plain low-fat yogurt
Fat-free sour cream

Ricotta Cheese Substitutions:

Low-fat or cottage cheese
Non-fat or low-fat ricotta cheese

Sausage Substitutions:

Lean ground turkey
95% fat-free sausage

Mayonnaise Substitution:

Low-fat mayonnaise

Sugar Substitution:

Sugar substitute (ie - Splenda)

Oil Substitutions:

Olive oil
Canola oil
Vegetable oil

Full-Fat Cheese Substitutions:

Low-fat, skim milk cheese
Cheese with less than 5g of fat per ounce

Ground Beef Substitutions:

Extra lean ground beef
Lean ground turkey or chicken

Milk/Cream Substitutions:

2% or skim milk
Fat-free half and half

White Rice Substitutions:

Brown rice
Whole barley
Bulgur
Quinoa

Butter Substitutions:

Low-fat margarine
Spray margarine

Walk For Your Health!

The holidays are full of wonderful foods and treats but those yummy goodies can lead to weight gain and discomfort! If you and your family find yourselves eating your way through the holidays, try stepping up your exercise routine to help offset some of those extra calories! On page 1, we learned how many calories we might expect to consume at a holiday meal. Below are some guidelines on the steps you will need to take to burn the calories from typical holiday meals!

Type of Food:	Steps To Burn Calories:
1 cup of stuffing	6,992 steps
1/2 cup candied yams	3,910 steps
6 ounces of turkey	5,474 steps
8 ounces red wine	3,266 steps
1 slice pumpkin pie	5,267 steps



To measure the number of steps, invest in a pedometer to help you keep track. Consider buying one for your entire family and make a weekly competition to see who can take the most steps and walk the furthest. Typically, a mile takes 2,000 - 2,500 steps. Who will win? You or your kids!

Why not make your New Year's resolution to focus on healthful living? Enjoy good food that is also good for you and find activities you enjoy! It's the best gift you could give yourself...and your family!

Happy Holidays!

Pumpkin Pie (Without the Guilt!)

Servings: 8

Pie Crust Ingredients:

8 graham cracker squares, finely crushed
1/4 cup granulated Splenda
2 tablespoons butter, melted

Pie Filling Ingredients:

1/2 cup granulated Splenda
1/2 teaspoon salt
1 teaspoon ground cinnamon
1/2 teaspoon ground ginger
1/4 teaspoon ground cloves
1/2 cup liquid egg substitute
1 can (15 ounce) Libby's 100 Pure Pumpkin
1 can (12 fluid ounce) non-fat evaporated milk



Important Note: For the Pure Pumpkin, DO NOT use pre-mixed pumpkin pie filling.

Directions:

Preheat oven to 375 degrees. Mix the graham cracker crumbs and Splenda. Stir in melted butter. Spray 9-inch pie plate with non-stick cooking spray. Press evenly into the bottom of the pie plate. Bake 4 to 5 minutes or until edges are lightly browned and remove from oven. Reduce the oven to 350 degrees.

Filling:

Mix Splenda, salt, cinnamon, ginger and cloves in a large bowl. Beat in egg substitute. Stir in pumpkin. Gradually stir in evaporated milk. Pour into pie shell.

Bake at 350 degrees for 40 to 45 minutes or until a knife inserted in the center comes out clean. Cool on a wire rack and then refrigerate. Keep pie refrigerated since it does not contain sugar.

Nutritional Information (per serving):

With Crust: 132 calories; 7g protein; 4g fat; 17g carbohydrate; 10g sugar; 3g fiber; 10mg cholesterol; 297 mg sodium.

Without Crust: 74 calories; 7g protein; 1g fat; 11g carbohydrate; 8g sugar; 2g fiber; 2mg cholesterol; 231mg sodium.

ENJOY!