



SENIOR NUTRITION NEWS

Eat Smart Idaho

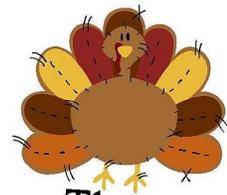
November 2019

Healthy Thanksgiving Hints



For many of us, Thanksgiving is truly a feast, and we are preparing our appetites for large servings of turkey, stuffing, and pumpkin pie. In fact, the majority of people consume more than 2,000 calories in their Thanksgiving meal, including appetizer, turkey and the trimmings and dessert. That's more than a sedentary man should eat in a whole day to maintain a healthy weight, according to the USDA's ChooseMyPlate.gov. You can still enjoy all your favorite holiday foods without overeating by following these simple tips.

- **Portion control:** It's all about choices. Think about which dishes you don't mind skipping, and plan to fill your plate only once. It's easy to get carried away going back for second and third helpings, which you might later regret.
- **Fruits:** Get your serving of fruit with a fruit-based dessert. Baked apples, poached pears and fresh figs are a few festive options.
- **Grains:** Use whole grain or 100% whole wheat bread for a stuffing and whole wheat rolls which are rich in fiber.
- **Protein:** Serve yourself 3 ounces of roasted turkey or a portion the size of your palm. Skip the fat by removing the skin on your turkey before eating it. Go easy on the gravy.
- **Vegetables:** Choose vegetable side dishes that include roasted or cooked vegetables, and skip the creamy sauces and added fat. Instead, season vegetables with fresh herbs to add flavor.
- **Dairy:** Try non-fat Greek yogurt as a healthier topping for side dishes than sour cream or butter.
- **Don't forget to be active.** After the holiday meal, go for a walk with the family.



Happy Thanksgiving

Reinventing Thanksgiving Dinner

Not sure what to do with your leftovers? Reinvent your Thanksgiving feast with these quick and easy leftover recipes.



Reheating is one option. Refrigerated leftover turkey is only good for three or four days, and stuffing for one to two days. If you want to keep it longer, freeze it. And, for safety's sake, reheat to 165°F internal temperature.

Cranberry smoothies: Blend cranberries, frozen low-fat yogurt and orange juice.

Crunchy turkey salad: Toss cubed turkey with celery, apples, and light mayo with shredded spinach.

Stuffing frittata: Mix stuffing with egg and cook thoroughly, pancake-style.

Turkey berry wrap: Wrap sliced turkey, spread with cranberry sauce and shredded greens in a whole wheat tortilla.

Hearty harvest stew. Start with leftover gravy as the base. Make it hearty with leftover turkey and veggies. Thicken with mashed potatoes or sweet potatoes. Cook to 165°F.

Sources: <https://ucanr.edu/?blogpost=19472&blogasset=87394>; <http://www.eatright.org/resource/health/lifestyle/holidays/reinventing-thanksgiving>; retrieved 10/30/19

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Kali Gardiner, RD, LD, ENP Coord.
E-mail – kalig@uidaho.edu
Phone: 208-446-1680

Shelly Johnson, M.S., ENP Administrator
Email— sjohnson@uidaho.edu
Website: www.eatsmartidaho.org

This work and material is supported and funded by USDA's Supplemental Nutrition Assistance Program-SNAP and the Expanded Food and Nutrition Education Program from the USDA National Institute of Food and Agriculture. USDA and University of Idaho are equal opportunity providers.