



Simple Swaps to Save 1000 Calories at Thanksgiving

The average American will consume over 2,000 calories on Thanksgiving day. Research shows that most of us pack on at least 1 pound during the holidays and this weight gain is permanent. Try these swaps to keep you lighter!

7 Simple Swaps to Save Over 1000 calories, 49 grams of fat and lots of sugar:

1. Roast your turkey and skip the skin instead of fried turkey with skin.
Savings = 125 calories and 7 grams of fat.
2. Enjoy steamed green beans instead of creamy green bean casserole.
Savings = 150 calories and 11 grams of fat.
3. Swap mashed potatoes for a baked sweet potato (sprinkle cinnamon!).
Savings = 177 calories, 9 grams of fat.
4. Warm up with a roasted butternut squash or vegetable-based soup instead of creamed butternut squash soup.
Savings = 109 calories, 4 grams of fat.
5. Prepare a half stuffing, half wild rice recipe instead of a traditional stuffing.
Savings = 94 calories, 9 grams of fat.
6. Satisfy your sweet tooth with a slice of pumpkin rather than pecan pie.
Savings = 253 calories, 8 grams of fat.
7. Sip on an "apple cider spritzer" made with seltzer water and 1 oz. of apple cider instead of a cup of sugary apple cider.
Savings = 105 calories, and lots of sugar!



Pear Cranberry Sauce

Ingredients

- 3 large ripe Barlett pears, peeled
- 1 cup water
- 3/4 cup cranberries, fresh
- 1 Tbsp. sugar
- 1 tsp. minced fresh ginger
- 1/4 tsp. salt
- 1 4-inch cinnamon stick

Instructions

1. Grate pears into large saucepan, using large holes of a box grater. Take off the flesh all the way down to the core.
2. Stir in water, cranberries, sugar, ginger, salt, cinnamon and bring to boil.
3. Reduce heat and simmer, stirring often, until pears break down and most of liquid is absorbed (about 30 minutes).
4. Serve warm or at room temperature.

Adapted from Eating Well

The Dish on Cranberry Sauce and a Bonus Swap

Cranberry sauce is a Thanksgiving staple.

Health benefits: Cranberries are loaded with fiber, vitamin C and E, and phytonutrients that contain anti-inflammatory and cancer-preventing properties.

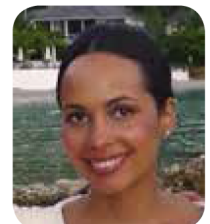
Problem: Cranberry sauce is typically loaded with sugar to mask the tartness of the cranberries.

Solution: Adjust your recipe! Try pear cranberry sauce. The natural sweetness of the pears allow you to use much less sugar (1 Tbsp.) vs. some recipes that require up to 1 whole cup. Per serving, save up to 100 calories, boost the fiber and eliminate lots of sugar with this swap!

Be part of a Nutrition Counseling research study! Is your weight more than expected for your height and age? Are you between 9-17 years of age? Do you want to lose weight and learn how to eat healthier? Contact Vanessa Wissing at 718-920-7394 or vwissing@montefiore.org

Ask Endo-Nutrition

Send your questions to alkaplan@montefiore.org and look out for answers in next months issue!



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