



Fit to Print

Newsletter of the Weigh Smart™ Program



Eating Healthy and Enjoying the Holidays

Weigh Smart™ has some Thanksgiving food modifications for you to try out as you prepare your holiday meal. Use the suggested ingredients to cut down on calories & fat without sacrificing taste.

Instead Of

- 1 cup of butter in baking
- 8 ounces of cream cheese
- 1 cup crème fraiche
- 1 cup heavy cream (in recipes, not for whipping)
- 1 cup sour cream
- 1 cup fat for sautéing
- 1 egg
- 1 cup oil or fat for basting

Use

- 1 cup applesauce
- 8 ounces of yogurt cheese
- 1 cup yogurt cheese made from lowfat or nonfat yogurt
- 2 teaspoons cornstarch or 1 tablespoon flour whisked into 1 cup nonfat milk
- 1 cup lowfat cottage cheese + 2 tablespoons skim milk + 1 tablespoon lemon juice
- 4 cups low fat stock, fruit juice or wine and sauté until liquid evaporates
- 2 egg whites
- 1 cup fruit juice or low fat stock

Tips for celebrating the holiday season

How can you stay healthy while celebrating the holidays? Here are a few tips to help you make healthy food choices and limit tempting high calorie and high fat foods:

- Plan before you eat. When you get to a party or feast, survey your options before placing anything on your plate
- Don't arrive on an empty stomach! Skipping meals prior to a holiday celebration may cause you to overeat.
- Keep your portions small. This will allow you to taste many foods while controlling your intake.
- Instead of dark meat turkey with skin, opt for skinless light meat turkey
- Pick pumpkin pie (229 cal) instead of pecan pie (452 cal) to cut down on calories
- A large baked sweet potato with cinnamon (162 cal) is a healthier choice over scalloped potatoes (211 cal)

A healthier option at... Taco Bell

Here's our next stop on our tour of healthier choices when you're on the run. Last month we found a healthier meal at Burger King— this month we're on to Taco Bell!



Instead of:

Regular Fiesta taco salad,
Nachos
Medium Dr. Pepper
(1340calories, 63 fat grams)

Try this:

Fresco zesty chicken border bowl without red strips,
Mexican rice
Large diet Pepsi
(470 calories, 11 fat grams)

**Weigh Smart™ Program
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We want to hear from you!

Is there something you'd like to see in the next issue? Would you like to share a recent "yeah" moment or picture with your Weigh Smart™ friends? If so, send email to Michelle at mdemeule@mwph.org. Send us your e-mail address and we'll add you to our online Weigh Smart™ club. You'll receive this journal right away in your e-mail box instead of a few days later in your mailbox. Your e-mail address will be sent out "blind copy," meaning it will be seen only by Michelle or Weigh Smart™ staff when the issues go out on e-mail.

Please Note:

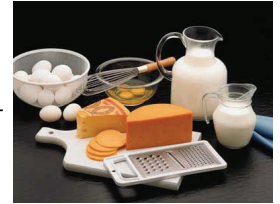


We will not be sending out post-cards announcing support group anymore but will put details about the following months support group in your newsletters.

Look for your January newsletter for the support group time and place for February's support group!

Calcium: why you need it and how to get it

You probably know that calcium helps keep your bones healthy and strong, but did you also know that eating 3 servings of dairy products every day can help you maintain a healthy weight? There are a variety of healthy products for you to have three times a day!



- Fat-free or low-fat milk —eat with cereal or granola for breakfast
- Reduced fat mozzarella or cheddar cheese—eat with whole wheat crackers, in string cheese form, or sprinkled over your favorite foods. Spread tomato sauce and part skim mozzarella on a bagel or English muffin and microwave for a quick pizza treat
- Fat-free yogurts—enjoy the variety of flavors available
- Fat-free smoothies—just blend nonfat vanilla yogurt and your favorite fruits together
- Soy milk—comes in a variety of delicious flavors. Make sure it is calcium enriched with 300mg calcium per serving.
- Fat-free or low-fat cottage cheese—mix with some berries or pineapple for a delicious snack

One serving of dairy is equal to 8 oz. (1 cup) milk, 1.5 oz. cheese, or one 8 oz yogurt container.

What's going on at Mt. Washington Pediatric Hospital? A holiday party with the Ravens!!!



There will be a holiday party in the cafeteria on **Tuesday, December 9th from 2:30-4:30**. Some of the Baltimore Ravens will be making an appearance to hand out toys. Under Armour has donated some gifts for Weigh Smart grads.

Please RSVP to Michelle (410-578-5342) or Debbie (410-578-5343) by December 5th if you would like to attend. We will not be having a regular support group in December but would love to see you at the holiday party if you can attend. Very IMPORTANT: Please make sure to RSVP by the deadline- we need a head count. Thanks and happy holidays from your Weigh Smart friends!



Chocolate Framboise Steamer (110 calories, 2.5 fat grams)

Here's a delicious and healthy beverage to enjoy at home or while you're on the go in the cold. It sounds fancy, but making it is simple. You can also experiment with different sugar-free syrup flavors. This can count as one of your 3 dairy products!

You'll need:

- 1 tablespoon sugar-free chocolate syrup
- 1 1/2 tablespoon sugar-free raspberry syrup
- 1 cup low-fat milk

Combine all ingredients into a large shallow bowl. Microwave milk and syrup for 2 to 3 minutes. Whisk rapidly until milk is airy and frothed. Serve in mug.

From the Mid-Atlantic Dairy Association. Visit <http://dairyspot.com/kitchen/kitchen.html> for more dairy recipe ideas.

