



Fit to Print

Newsletter of the
Weigh Smart® Program



Tips for a healthy holiday season

It's not necessary to avoid the holiday festivities in an attempt to stay healthy. Consider these tips for fully enjoying the holiday season while maintaining a healthy eating style!

1. Make a plan. Think about where you will be, who you will be with, what foods will be available, what foods are really special to you (that you really want to eat) vs. those that you could probably do without, what are your personal triggers to overeat and how can you minimize them. It's much easier to deal with a difficult social eating situation if you've already planned for it.
2. Reduce the fat in holiday recipes. There are plenty of low fat and low calorie substitutes that are amazingly tasty.
3. Eat a light snack before going to holiday parties. It is not a good idea to arrive at a party famished. Not only are you more likely to overeat, but you are also less likely to resist the temptation of eating the higher fat and higher calorie foods.
4. Take steps to avoid recreational eating. At parties and holiday dinners, we tend to eat (or keep eating) beyond our body's physical hunger simply because food is there and eating is a "social thing." To avoid recreational eating, consciously make one plate of the foods you really want. Eat it slowly--enjoying and savoring every tasty bite.
5. Enjoy good friends and family. Although food can be a big part of the season, it doesn't have to be the focus. Holidays are a time to reunite with good friends and family, to share laughter and cheer, to celebrate and to give thanks.

Join us in December for our holiday party!



Last month, Keimonte and Imani learned the downward dog and the pigeon at Yoga Night! Now, join us next month for the Mt. Washington Pediatric Hospital annual holiday party on Tuesday, December 15th for both kids and parents from 2-4pm. See your Weigh Smart friends and staff. Free gifts! Food and refreshments will be provided. **Call Ms. Debbie or Ms. Michelle 410-578-5343/2 by December 11th to RSVP.**

A healthier option at... Wendy's!



Instead of ordering:

Double w/Everything and Cheese (750)

Medium French Fries (420)

Coca-cola, small cup (160)

TOTAL: 1310 calories

Consider:

Jr. Cheeseburger (270)

Plain Baked Potato (270)

Diet Coke, small cup (0)

TOTAL: 540 calories

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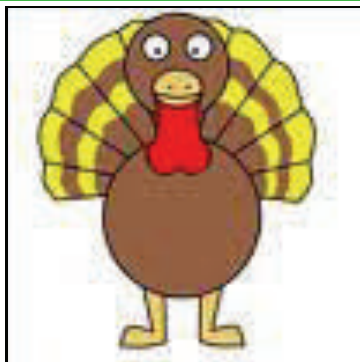


We want to hear from you!

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 postcards announcing support group anymore but will put details about the following months support group in your newsletters. Live support groups are every other month



Delicious yet healthy Thanksgiving recipies!



Green Bean Casserole

This healthy revision of green bean casserole skips the canned soup and all the fat and sodium that come with it. Its white sauce with sliced fresh mushrooms, sweet onions and low-fat milk makes a creamy, rich casserole.

Ingredients

- 3 tablespoons canola oil, divided
- 1 medium sweet onion, (half diced, half thinly sliced), divided
- 8 ounces mushrooms, chopped
- 1 tablespoon onion powder
- 1 1/4 teaspoons salt, divided
- 1/2 teaspoon dried thyme
- 1/2 teaspoon freshly ground pepper
- 2/3 cup all-purpose flour, divided
- 1 cup low-fat milk ***Instead of whole milk**
- 3 tablespoons dry sherry
- 1 pound frozen French-cut green beans, (about 4 cups)
- 1/3 cup reduced-fat sour cream ***Instead of regular sour cream**
- 3 tablespoons buttermilk powder
- 1 teaspoon paprika
- 1/2 teaspoon garlic powder

Directions

- 1** Preheat oven to 400°F. Coat a 2 1/2-quart baking dish with cooking spray.
- 2** Heat 1 tablespoon oil in a large saucepan over medium heat. Add diced onion and cook, stirring often, until softened and slightly translucent, about 4 minutes. Stir in mushrooms, onion powder, 1 teaspoon salt, thyme and pepper. Cook, stirring often, until the mushroom juices are almost evaporated, 3 to 5 minutes. Sprinkle 1/3 cup flour over the vegetables; stir to coat. Add milk and sherry and bring to a simmer, stirring often. Stir in green beans and return to a simmer. Cook, stirring, until heated through, about 1 minute. Stir in sour cream and buttermilk powder. Transfer to the prepared baking dish.
- 3** Whisk the remaining 1/3 cup flour, paprika, garlic powder and the remaining 1/4 teaspoon salt in a shallow dish. Add sliced onion; toss to coat. Heat the remaining 2 tablespoons oil in a large nonstick skillet over medium-high heat. Add the onion along with any remaining flour mixture and cook, turning once or twice, until golden and crispy, 4 to 5 minutes. Spread the onion topping over the casserole.
- 4** Bake the casserole until bubbling, about 15 minutes. Let cool for 5 minutes before serving.



Pumpkin Pie

The following pumpkin pie recipe is far healthier than most, with less saturated fat and sugar than the majority of recipes, and more dietary fiber and protein. Remember to watch portion sizes!

Ingredients

- 15 ounces pumpkin (1 can)
- 14 ounces fat free sweetened condensed milk
- 4 egg whites
- 1 teaspoon ground cinnamon
- 1/2 teaspoon ground ginger
- 1/2 teaspoon ground nutmeg
- 1/2 teaspoon vanilla extract
- 1/2 teaspoon salt
- 1 (9 inch) unbaked pie crust

Directions

- Preheat oven to 425 degrees F. Whisk pumpkin, sweetened condensed milk, egg whites, spices and salt until smooth in a medium bowl. Pour into crust and bake for 15 minutes.
- Reduce oven temperature to 350 degrees F and continue to bake for 25 to 35 minutes or until knife inserted 1 inch from crust comes out clean. Cool. Store leftovers covered in refrigerator.
- Prep time 15 minutes
Cook time 40 minutes
Makes 8 servings