

Eagle Bites

Nutrition News You Can Use



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The holidays are approaching and with them, delicious meals. While celebrations often lead to overeating, it is easy to keep things under control if you've got a plan. Enjoy this special time with family and friends and keep

your healthy eating plan on track.

- Start your day with a small breakfast that includes whole-grains, fruit, dairy foods and protein like ham or peanut butter.
- Don't starve yourself before "the meal." The longer you go without eating, the more you eat when you sit down for a meal.
- When it comes to the holiday meal, select foods carefully. Think about what foods you want to eat and which ones you should just sample and which ones you will skip.
- Substitute healthier ingredients in your recipes.

Tips for Healthy Holiday Cooking

Treats are everywhere during the holidays. To control your consumption of fat and calories you can eat smaller portions, replace high-calorie foods with low-fat options or slightly adjust the recipes. By swapping out a few ingredients, you can reduce fat and calories without sacrificing taste.

Here are some quick tips for your holiday recipes:

- Use two egg whites in place of one egg.
- Use three tablespoons of cocoa powder and one tablespoon of oil instead of baking chocolate.
- Replace cream or whipping cream with evaporated skim milk.
- Top casseroles with almonds instead of fried onion rings.
- Choose reduced fat cheese for salads and casseroles.



Compare this traditional holiday meal with its leaner version:

Menu #1

3 ½ ounces roasted turkey w/skin

½ cup stuffing

½ cup broccoli with hollandaise sauce

½ cup cranberry relish

1 medium crescent roll

1 slice pecan pie

Calories: 1,140; Fat: 50 grams



Menu #2

3 ½ ounces skinless, roasted turkey

½ wild rice pilaf

½ cup broccoli butter spritz

¼ cup cranberry relish

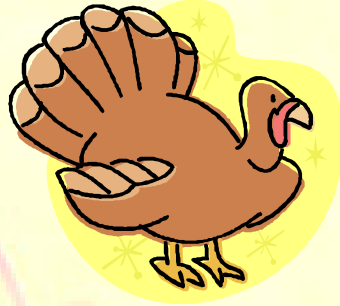
1 whole-wheat roll

1 slice pumpkin pie

Calories: 735; Fat: 20 grams

Let's Talk Turkey

When it comes to turkey, follow safe food handling procedures. Some cooks thaw frozen turkeys on the kitchen counter or under hot water in the kitchen sink or oven. But these shortcuts can make you sick. According to the USDA, there are three ways to thaw your turkey safely: in the refrigerator, in cold water and in the microwave.



- In the refrigerator: Allow approximately 24 hours for every four to five pounds of bird.
- In cold water: Allow approximately 30 minutes per pound. Seal the turkey securely in a plastic bag to make sure no water leaks in and use only cold water. Change the water every 30 minutes and cook the turkey immediately after thawing.
- In the microwave: Check your owner's manual for the size turkey that will fit in your microwave oven, the minutes per pound and power levels to use. Remove all outside wrapping. Place on a microwave safe dish to catch any juices. Cook the turkey immediately after thawing. Do not freeze or refrigerate a raw turkey after thawing in the microwave.

Forget the old techniques for telling if the turkey is done such as "the juices run clear." The only accurate way to confirm the doneness of meat is to use a meat thermometer to make sure it reaches a safe internal temperature. For a whole turkey, that's 165 degrees F.

If your turkey finishes cooking well before mealtime, remove it from the oven and store it, covered in the refrigerator. When it's time to eat, reheat the turkey in the oven or microwave until it reaches an internal temperature of 165 degrees F. Then dig in!

Sweet Potatoes are at Their Peak

Fall and winter are the peak seasons for sweet potatoes. This delicious vegetable is packed with vitamins A and C, beta-carotene, folic acid and potassium. A medium sized sweet potato contains 3 grams of fiber and just 160 calories, making it a good nutritional choice any time of year.

A sweet potato has a dark, orange skin and vivid orange, sweet inside that cooks to a moist texture. When buying fresh sweet potatoes, choose those that are small to medium in size with smooth, unbruised skin.

Store sweet potatoes in a dry, dark environment. They will keep for up to three to four weeks.

Enjoy a sweet potato in many of the same ways you would a regular potato: baked, cut into slices and baked for sweet potato fries or mashed with a touch of brown sugar or cinnamon.

Recipes for You



Baked Sweet Potato Fries

Ingredients:

- 1 1/2 pounds sweet potatoes, peeled (2 medium potatoes)
- 1 tablespoon canola oil
- 1/2 teaspoon salt, plus more, to taste
- Cooking spray

Preheat the oven to 450 degrees F. Cut the potatoes lengthwise into 1/4-inch thick matchsticks, and toss with the oil and 1/2 teaspoon salt. Spray a baking sheet with cooking spray. Arrange the potatoes in a single layer on the baking sheet and bake until the "fries" are tender and crisp, about 30 minutes. Season with additional salt, to taste. Serve immediately.

The JCS Thanksgiving dinner will be served Thursday, November 19th. Check with your child's teacher or call the office to determine what time your child is scheduled to eat that day. The menu is as follows: Turkey and Dressing w/Giblet Gravy, Creamed potatoes, Vegetable medley, Roll, Cranberry Sauce, Assorted Desserts and Beverage.