

Thanksgiving Food Guide

Clinical review provided by Carolyn McCune, RD, CDE - Mills Peninsula Health Services

Thanksgiving Meal Planning for 5 Types of Eaters

1 > Standard	STUFFING Ciabatta Stuffing with Chestnuts and Raisins ▶ CookingLight	BREAD Rolls with Butter	SWEET POTATOES Meringue-Topped Sweet Potato Casserole ▶ Eating Well	TURKEY Roasted Stuffed Turkey with Gravy ▶ Food & Wine	MASHED POTATOES Garlic Mashed Potatoes ▶ Food Network	CRANBERRY SAUCE Cranberry Sauce ▶ Alex Guarnashelli, Food Network	GREEN BEAN CASSEROLE Green Bean Casserole with Madeira Mushrooms ▶ CookingLight	PUMPKIN PIE Classic Pumpkin Pie with Whipped Cream ▶ CookingLight	BEVERAGE Wine/Sparkling Grape Juice
2 > Vegetarian	SOUP Apple and Butternut Squash Soup ▶ Vegetarian Times	BREAD Rolls, Drizzled with Olive Oil	SWEET POTATOES Roasted Root Vegetable Medley ▶ Wolfgang Puck	VEGETARIAN ROAST Vegetarian Christmas Roast ▶ Food.com	POTATOES Garlic Mashed Potatoes ▶ Food Network	CRANBERRIES Cranberry Sauce ▶ Alex Guarnashelli, Food Network	GREEN BEAN SALAD Green Beans with Olive Oil and Toasted Almonds ▶ Epicurious	APPLE CRISP Old-Fashioned Apple-Nut Crisp ▶ Eating Well	BEVERAGE Wine/Sparkling Grape Juice
3 > Lactose Intolerant	STUFFING Wild Rice Stuffing ▶ Foodista	BREAD Rolls with Olive Oil & Balsamic Vinegar for Dipping	VEGETABLES Roasted Root Vegetable Medley ▶ Wolfgang Puck	TURKEY Fresh Herbed Turkey ▶ FineCooking.com	POTATOES Tahini Garlic Mashed Potatoes ▶ Whole Foods	CRANBERRIES Cranberry Sauce ▶ Alex Guarnashelli, Food Network	GREEN BEAN SALAD Green Beans with Olive Oil and Toasted Almonds ▶ Epicurious	BERRY COBBLER Mixed Berry Cobbler ▶ For This Season	BEVERAGE Wine/Sparkling Grape Juice
4 > Sugar-Free Diabetic	SOUP Apple and Butternut Squash Soup ▶ Vegetarian Times	BREAD Whole Grain Rolls	VEGETABLES Roasted Root Vegetable Medley ▶ Wolfgang Puck	TURKEY Fresh Herbed Turkey ▶ FineCooking.com	MASHED CALIFLOWER Cauliflower Puree ▶ Food Network	CRANBERRIES Sugar-Free Cranberry Sauce ▶ About.com	GREEN BEAN SALAD Green Beans with Olive Oil and Toasted Almonds ▶ Epicurious	PUMPKIN PIE No-Bake Pie w/Almond Crust ▶ TheSpunkyCoconut.com	BEVERAGE Wine/Sparkling Water
5 > Gluten Free	STUFFING Gluten Free Bread Stuffing ▶ Whole Foods	SALAD Orange Walnut Salad ▶ MyLifeStages	SWEET POTATOES Meringue-Topped Sweet Potato Casserole ▶ Eating Well	TURKEY Gluten-Free Turkey Gravy ▶ Whole Foods	POTATOES Parsley Smashed New Potatoes ▶ Eating Well	CRANBERRIES Cranberry Sauce with Star Anise ▶ Eating Well	GREEN BEAN SALAD Lemon-Dill Green Beans ▶ Eating Well	PUMPKIN CUSTARD Pumpkin Custard with Whipped Cream ▶ Epicurious	BEVERAGE Sparkling Grape Juice/ Gluten Free Beer

Classic Pumpkin Pie

- 3/4 cup packed brown sugar
- 1 3/4 teaspoons pumpkin pie spice
- 1/4 teaspoon salt
- 1 (12-ounce) can evaporated low-fat milk
- 2 large egg whites
- 1 large egg
- 1 (15-ounce) can unsweetened pumpkin



Position oven rack to lowest position. Preheat oven to 425°. To prepare filling, combine first 6 ingredients in a large bowl, stirring with a whisk. Add pumpkin, and stir with a whisk until smooth.

To prepare crust, roll dough into an 11-inch circle; fit into a 9-inch pie plate coated with cooking spray. Fold edges under and flute.

Pour pumpkin mixture into the crust. Place pie plate on a baking sheet. Place baking sheet on lowest oven rack. Bake at 425° for 10 minutes. Reduce oven temperature to 350° (do not remove pie from oven); bake an additional 50 minutes or until almost set. Cool completely on wire rack.

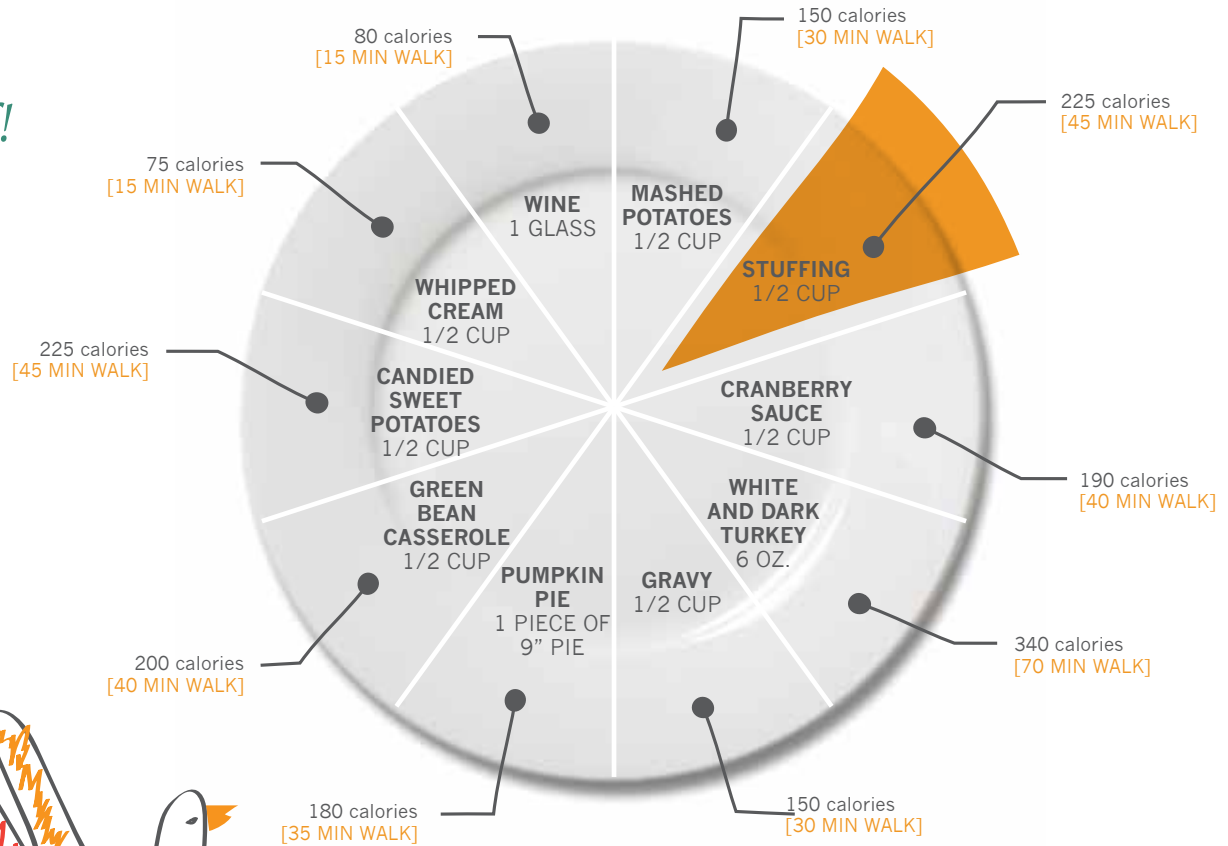
Credit: CookingLight

> How Many Calories Are On Your Plate?

FACT: The average person consumes **3,000 calories** at Thanksgiving dinner... burning that off would require **10 hours of brisk walking!**

Walk it off!

A good walk is perfect damage control for calorie-rich meals. Break away from the football game for a couple brisk, family walks. Enjoy the conversation, fall leaves and crisp air. Your body will thank you!



*Calorie estimates are based on typical Thanksgiving fare not specific recipes.



INDULGE SENSIBLY

How to savor the season without packing on the pounds

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8

Keep your portions sample sized.

Beware of mindless eating throughout the day. Each bite of an appetizer is approximately 75 calories.

Don't stand next to the snack table.

Don't skip meals in anticipation of the big meal. Being too hungry leads to poor choices.

Before and after the meal, keep your hands busy by being on camera duty or holding a bottle of water.

Eat salad and veggie items first, leaving less room for the fattening dishes.

Enjoy the mashed potatoes but skip the gravy.

Have the pie but skip the whipped cream.