Words on Wellness

Your extension connection to nutrition and fitness

Tips to Save Money and Calories on Thanksgiving Dinner

With rising food prices, preparing Thanksgiving dinner can be expensive. In addition, large holiday meals with high calorie foods cause people to overeat. Here are some helpful tips to save both money and calories on the Thanksgiving meal.

Do not go overboard with variety. Do you serve mashed potatoes, stuffing, and sweet potatoes? Do you serve two meats? Remember, you do not have to have everyone's favorite holiday food at one meal. Choose one meat, one starchy vegetable (mashed potatoes OR sweet potatoes), and one green vegetable that appeals to everyone. Doing so will help you save money and eat less.

Take guests up on their offer to bring a dish. Some of your guests would love to show off their cooking skills with a salad or dessert. Others with less time or ability could be asked to bring a dozen rolls from the bakery, a purchased dessert, or some type of beverage.

Simplify your recipes. Every dish does not have to be fancy. Try fresh or frozen green beans with a touch of olive oil instead of green bean casserole. Have a fruit salad with a mixture of canned and fresh seasonal fruits without lots of whipped topping or sweetened condensed milk.

Watch for sales. Many grocery stores put items frequently used for the Thanksgiving meal on sale a few weeks before hand. Plan your meal ahead of time so that you can buy items when they are on sale. Consider stocking up on some of these items that can be stored on the shelf or in the freezer and used throughout the year (e.g., fresh cranberries, canned pumpkin, turkey, brown sugar).

Know how many people are attending dinner. This is important so you do not end up making too much food and spending extra money. Make only as much as you need for the people who are attending unless you are deliberately planning for leftovers.

For more tips on saving money at the grocery store and budget friendly recipes, visit the Spend Smart. Eat Smart. website at ***www.extension.iastate.edu/foodsavings***.

Guiltless Pumpkin Pie

Serves: 8
Serving size: 1 slice

Ingredients

2 large eggs
½ cup granulated sugar
1 ½ teaspoons pumpkin pie spice or ¾ teaspoon each ground cinnamon and ground nutmeg
¼ teaspoon salt
1 15-ounce can pumpkin
1 5-ounce can fat free evaporated milk
Optional: Low-fat whipped topping and ground cinnamon.

Directions

1. Preheat oven to 350°F. Lightly grease or spray a 9-inch pie plate; set aside.
2. Place eggs in large bowl, beat with a fork or whisk. Add sugar, pumpkin pie spice, and salt. Stir until well mixed.
3. Stir in pumpkin and evaporated milk. Pour into prepared pie plate.
4. Bake for 40 to 45 minutes—or until center is set.
5. Remove from oven and cool on wire rack. Serve immediately or refrigerate until serving time. If desired, add a spoonful of low-fat whipped topping to each serving and sprinkle with additional ground cinnamon.

Nutrient information per serving

120 calories, 2.5 g total fat (1.5 g saturated fat), 55 mg cholesterol,105 mg sodium, 20 g total carbohydrate, 2 g fiber, 3 g protein.

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Extension and Outreach
Healthy People. Environments. Economies.

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Provided by -
Renee Sweers
Nutrition & Health Program Specialist
ISU Extension and Outreach
4301 Sergeant Road #213
Sioux City, IA 51106
712-276-2157 FAX 712-276-6211
rsweers@iastate.edu

Thanksgiving Food Safety Quiz

Food safety is important all year long, but it is especially important during the holidays. Take the quiz below to see what you know about food safety.

1. Before cooking, a turkey should be washed under running water?
a. True **b.** False

2. A turkey should be cooked to a minimum internal temperature of:
a. 145°F **b.** 155°F **c.** 165°F

3. Perishable food items like turkey, stuffing, green beans, and cooked potatoes should not be left at room temperature for longer than:
a. 1 hour **b.** 2 hours **c.** 3 hours

4. Leftovers kept in the refrigerator should be used within how many days?
a. 1-2 days **b.** 3-4 days **c.** 5-6 days

Answers:

1. b – Washing raw poultry or meat before cooking is not recommended because the bacteria that easily comes off can be splashed onto surfaces in your kitchen causing cross contamination. A failure to clean these contaminated surfaces can lead to foodborne illness.

2. c – Minimum internal temperatures are based on the temperature it takes to kill foodborne pathogens associated with particular foods. The *Salmonella* bacteria is a foodborne pathogen commonly found on poultry and can be killed at 165°F or higher.

3. b – The temperature danger zone (TDZ) is 40°F -140°F. Foodborne pathogens grow quickly at these temperatures. If perishable food is left in the TDZ for more than two hours, pathogens can grow to unsafe levels.

4. b – Refrigerators set at 40°F or below slow the growth of foodborne pathogens but they do not stop them from growing. In addition, you can't see, smell or taste foodborne pathogens so you need to use food, freeze it, or throw it out within four days to prevent foodborne illness.

For more information on food safety, visit
http://www.fsis.usda.gov/FACTSheets/Seasonal_Food_Safety_Fact_Sheets/index.asp

Take Your Cycling Indoors

When the weather is too cold and the roads are snowy and icy, try indoor cycling. Many gyms and fitness clubs offer indoor cycling classes that are free with a gym membership or can be paid for per class. A benefit of indoor cycling is that, although you have an instructor guiding you through a workout, you can go at your own intensity and won't be left behind. With indoor cycling you can keep the resistance low and go for an easy ride or increase the resistance and practice "climbing hills."

If you like to work out at home, you can purchase a stationary bike or a bike trainer to set your road bike on to do indoor cycling. There are also indoor cycling DVD's available that take you through workouts, just like at the gym.

For information on bike trainers and indoor cycling DVD's, visit
http://www.cycleops.com/ or ***http://www.spinervals.com/***.

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