

Tame Holiday Temptations With These Tips



Imagine a holiday buffet featuring a golden brown roasted turkey, creamy mashed potatoes with gravy, green-bean casserole, baked squash with brown sugar, crisp salad, fresh rolls with butter and homemade pumpkin pie with whipped cream. Can't you almost taste it?

November and December bring special occasions and special foods. Sometimes, delicious food can tempt us to eat more than we need. Just 100 extra calories a day beyond what our bodies need could lead to a 10-pound weight gain in a year.

Consider these tips to help manage your portion sizes and make your recipes healthier.

Try Using Smaller Plates and/or Smaller Serving Utensils

Self-serve buffets may tempt us to serve ourselves more than we need. Food psychology research has shown that utensil and container size make a difference when people serve themselves food.

In one Cornell University study, participants were provided a large or small bowl and a large or small serving spoon for ice cream. Those who used the larger bowl served themselves 30 percent more ice cream. Those who used the larger serving spoon served themselves 15 percent more ice cream. Those who used a large spoon and large bowl ate 57 percent more ice cream.

Consider These Recipe Makeovers

To decrease total fat and calories, try these tips:

- Cut back on added fat. Instead of cooking with added butter or margarine, use a nonstick pan, cooking spray or healthy oils (olive or canola oil) instead.
- Skim excess fat from the top of soups, gravies and stews. You may need to let the food cool to make removing the hardened fat easier.
- Use reduced-fat sour cream or mayonnaise or nonfat yogurt in place of regular sour cream or mayonnaise.
- Use skim or low-fat milk instead of whole milk. For extra richness, try evaporated skim milk.
- Try reducing fat by one-fourth or one-third in baked products. This works best in quick breads, muffins and cookies, but it might not work as well for cakes.

For more information, visit www.ag.ndsu.edu/foodwise/

This program is funded in part by USDA's Supplemental Nutrition Assistance Program. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more contact your county Social Services office or call 1-800-755-2716.

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Enjoy the flavor of pumpkin pie with fewer calories and less fat. This recipe makes its own crust. Pumpkin gets its orange color from the beta carotene it contains. Your body converts beta carotene to vitamin A, which you need for healthy skin.

Magic Crust Pumpkin Pie

- 2 large eggs
- 1 (15-ounce) can pumpkin (or 2 cups cooked pumpkin)
- 1 c. nonfat dry milk powder
- ⅔ c. brown or white sugar
- ¼ tsp. salt
- 1 tsp. cinnamon
- 2 tsp. ginger
- ¼ tsp. nutmeg
- ¼ c. all-purpose flour
- 1 c. water
- Whipped topping, optional



Preheat oven to 350 degrees. Mix all ingredients together, EXCEPT water, in a large bowl. Gradually stir in water until well mixed. Pour into a greased 9-inch pie plate or an 8- by 8-inch square pan. Bake at 350 degrees for 45 to 55 minutes or until a knife inserted 1 inch from the center comes out clean. Top with whipped topping, if desired. Refrigerate leftovers.

Makes eight servings. Per serving: 140 calories, 30 grams (g) carbohydrate, 2 g fat, 2 g fiber and 140 milligrams sodium

Menu Idea

Roasted turkey breast
Baked potatoes • Green beans
Magic Crust Pumpkin Pie
Low-fat or nonfat milk

We are trying to eat family meals more often. Should I dish up the food for my 5-year-old daughter and 6-year-old son or let them serve themselves?

Let your kids serve themselves at dinner. Teach them to take small amounts at first. Tell them they can have more if they're still hungry.

I don't like to waste food. How long can I store leftovers in the refrigerator? What's the best way to clean your refrigerator?

You can store leftover food such as meat or casseroles in the refrigerator for up to four days. The quality decreases each time food is reheated, so just reheat the amount needed.

If you will not eat the leftovers within four days, freeze them in appropriate containers or freezer storage bags. Leave about an inch of space at the top of the freezer containers to allow for expansion of the liquid during freezing. Press air out of the bags. Seal tightly.



Cleaning your refrigerator regularly is an important step in keeping your food safe. Wipe up spills immediately and clean surfaces thoroughly with hot, soapy water, then rinse. Avoid using solvent cleaning agents, abrasives and all cleansers that may impart taste to food or ice cubes or cause damage to the interior finish of your refrigerator.

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Please call for more information on nutrition, food purchasing or food safety.



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