

HOLIDAY SURVIVAL



Let's face it. The traditional Thanksgiving and Christmas menus are not low-calorie menus. Being aware of calories for these holiday food items can help us make educated choices to keep our calorie count in check.

There's probably little chance that we will be able to stay within our daily calorie allotment, so let's not make ourselves crazy about this. After all, it is only one day out of the whole year. We should simply do our best to make selections we know we will enjoy without going overboard.

Choosing reasonable portions of our favorite foods will help us to feel in control and not deprived. By eating smaller portions of the high-calorie food, we will satisfy our cravings for these foods, without accruing the calories assigned to a full serving.

Another way of limiting calories consumed is to determine which foods to eat for the main holiday meal and which foods to save as leftovers for another day's meal. But remember, it is important to return to our daily calorie count the following day. This may mean giving away the tempting pumpkin pie to company in order to do so. If an appetizer is a must, prepare a crudité platter so that a selection of nice, low-calorie, raw vegetables are available for all family members for pre-dinner snacking. Munching on vegetables will keep everyone from over-indulging on the higher calorie selections while still enjoying the traditional dinner.

And don't forget the liquid calories! They add up quickly. Drink water between cocktails to help limit how much you drink. Check out nutrition info on your favorite drink beforehand so you are aware of how many calories you are consuming. Have a plan as to how many drinks you will allot yourself. Remember it is not so much the alcohol that contains most of the calories; it's what you mix with it!

Ultimately, if we are better prepared as to how we will handle our eating on this day, then we will successfully avoid feeling overstuffed, uncomfortable, out of control, and guilty. Remember to enjoy the foods you love, but enjoy them in moderation! After all, the biggest holidays of the year are right around the corner and we all want to look and feel fabulous in our holiday attire.

November/December 2009

Pumpkin Roll

3/4 cup flour
3/4 cup sugar
2/3 cup canned pumpkin
3 eggs
1 teaspoon baking soda
1/2 teaspoon ground cinnamon
Cream Cheese Filling (recipe follows)

Line 15x10x1 in. Baking pan with waxed paper. Spray with nonstick cooking spray.

Mix all ingredients until smooth. Spread evenly in prepared pan.

Bake at 350F for 15 minutes. Generously sprinkle cloth towel with powdered sugar. Invert cake onto towel. Roll up cake in towel starting with short side. Cool completely on wire rack.

Prepare Cream Cheese Filling.

Unroll cake. Spread with Cream Cheese Filling; re-roll. Wrap with plastic wrap. Freeze for 3 hours or until firm. Let stand at room temperature 15 minutes before slicing. Makes 10 servings

Cream Cheese Filling

1 pkg.(8oz.) Fat free cream cheese
1/4 cup sugar
1 teaspoon vanilla

Beat cream cheese with electric mixer on medium speed until smooth. Add sugar and vanilla, mixing just until blended.

Per serving: 1 slice Calories: 160cal
Fat: 2g Cholesterol: 65mg