

# **NEWS RELEASE**

## **City of Middletown**

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### **ENJOYING A NUTRITIOUS HOLIDAY**

Middletown – Thanksgiving usually signals the start to the traditional holiday season but its' also the time of year when many people put on some extra un-wanted pounds, so the Middletown Health Department is offering some advice on how to lower the fat, cholesterol, calorie, and sodium content of your festive meals.

Family gatherings and office parties don't usually equate with healthy eating. But usually its not the food itself that's a cause for concern, rather it's the quantity of food and the way it is prepared that may become a problem. Foods associated with the holidays such as cranberries, apples, squash, potatoes, broccoli, and pumpkin can provide a healthful harvest of nutrients including fiber, vitamins, and minerals. And turkey, the centerpiece of most Thanksgiving meals, cannot only be tasty but nutritious.

Turkey is low in fat and a good source of protein and minerals such as phosphorus, iron, magnesium, zinc as well as B vitamins. The average 3 ½ ounce portion yields only 200 calories and small amounts of cholesterol. You can further reduce calories, fat, and cholesterol by choosing light meat, not eating the skin, and passing on the gravy.

If serving appetizers, use fresh fruits and vegetables as well as low-fat cheeses and dairy products. Select low-salt or unsalted whole-grain crackers. Consider using yogurt for a tasty and healthier dip.

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When preparing the main entrees, place poultry or lean meats on a rack for roasting to prevent prolonged contact with fat. Try basting with apple juice or wine instead of fat and cover with foil to retain juices. Choose healthier butter substitutes rather than butter or lard. Use low-fat, skim, or dry non-fat milk instead of cream in recipes.

Serve fresh fruits for dessert and consider using whipped topping as a substitute for whipped cream.

Limit beer and alcohol consumption which can add a lot of unwanted calories. Substitute low calorie alternatives to eggnog such as pureed fruits and citrus juices.

And don't forget the importance of regular exercise to combat any extra pounds.