

## Intelligent Indulgences



Fall is coming and with it the holidays. Each year it seems that the holiday season starts earlier and lasts longer. Halloween candy will be in the stores soon, followed quickly by favorite Thanksgiving foods. Two ways to make it through the fall holidays and stick to your healthy habits are to plan for special events and make smart choices that will keep you satisfied and on track.

Several magazines provide "recipe renovations", in which a traditional meal is "slimmed down". For example, you could find lower fat versions of macaroni and cheese, green bean casserole and a full Thanksgiving dinner in the pages of Cooking Light, Shape, or Woman's Day to name a few. In this article, however, we're going to look at food volume and show you how satisfying it is to eat healthy foods and how much more food you can consume for the same amount of calories\*.

### **Would you rather eat (calories)**

One fat free fruit/cake cookie (60)

1 piece (2 in square) apple crumb cake (320)

3 ½ oz candy corn (360)

### **Holiday Meal 1:**

2 glasses Scotch (400)

½ c. mixed nuts (440)

3 oz pastry hors d'oeuvres (380)

2 oz cheese (220)

2 oz pate' (240)

5 crackers (80)

6 oz turkey (lt. & dk. w/skin) (360)

4 Tbsp. Gravy (120)

1 c. sausage stuffing (400)

2 small candied yams (200)

½ c. buttered green beans (60)

6 fl. oz wine (130)

Wedge pecan pie (680)

Total = 3,710 calories

### **Snack Attack:**

1 6-oz soft pretzel (470)

### **Pizza Party:**

2 slices cheese pizza (900)

### **Or (calories)**

1 small cantaloupe (60)

½ honeydew melon (80)

Mixed fruit (60)

4 oz sorbet (80)

Biscotti (100)

Total 320 calories

6 Tootsie Pops (360)

### **Holiday Meal 2:**

2 c. champagne punch (40)

7 grilled Shitake mushrooms (30)

2 Tbs. Soy dipping sauce (10)

2 ½ oz grilled scallops (80)

5 cherry tomatoes (on skewer w/  
scallops (10)

2 c. assorted veggies (30)

4 oz white meat turkey (200)

6 oz baked yam (150)

1 c. green beans w/herbs (40)

¾ c. low fat ginger fruit stuffing (80)

3 fl. oz wine (60)

1 c. pumpkin custard (150)

Total = 930 calories

11 pretzel rods (440) or

3 knishes (160 each) or

2 1 ½ c containers of fruit (120 each)

and 2 1-oz packs of peanuts (350)

1 ½ c minestrone soup (110)

1 slice cheese pizza (450)

Salad w/artichoke hearts & tomatoes (40)

Total = 600 calories

\*Shapiro, Dr. Howard M. Picture Perfect Weight Loss

### **Craving Chinese?**

1 egg roll or small serving of spare ribs or  
dish of crispy noodles (400)

bowl of Chinese vegetable soup (40)  
4 oz shrimp (120)  
1 ½ c broccoli (60)  
2 Tbsp. hoisin sauce (20)  
2/3 c brown rice (130)  
Fortune cookie (30)  
Total = 400 calories

As these examples show, we can eat much more food for the same amount of calories. It's all about making sensible choices. You can still eat your favorite foods. There may be times when you'd be more satisfied with that one sliver of pie instead of a bounty of fruits and sorbets. The key is to become more aware of the nutritional content of the foods you eat so you may make the healthiest choices for you and your family.

*Article by Marguerite O'Brien for FitClasses.com*