



Healthy Holiday Eating Tips for Thanksgiving

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Do you know that the average Thanksgiving dinner has over 2000 calories? The following are some eating tips so that you can still look good and be healthy after the Thanksgiving dinner without having to deprive yourself

If you are a guest:

Don't go hungry: we often eat faster and more when we are hungry - therefore eat a wholesome breakfast and lunch on the day to avoid overeating at dinner time.

Thanksgiving dinner is not an all-you-can-eat buffet: Fill your plate half with vegetables, one quarter with a lean meat and the rest with a starch of your choice. Eat slowly and stop when you are full.

Turkey - go skinless: choose your 4-oz turkey portion skinless to slash away some fat and cholesterol. Save your appetite for the side dishes and desserts.

Side Dishes - watch your portion size: go for smaller portions. This way you can sample all the different foods. Moderation is always the key.



Make a conscious choice to limit high fat items: high fat food items can be found in fried and creamy dishes as well as cheese-filled casseroles in a traditional Thanksgiving meal. For instance, mashed potatoes are usually made with butter and milk; green bean casseroles are often prepared with cream of mushroom soup, cheese and milk and topped with fried onions; candied yams are load-

ed with cream, sugar and marshmallows. If you cannot control the ingredients that go in to a dish, simply limit yourself to a smaller helping size. Again moderation is the key.

Drink plenty of water: alcohol and coffee can dehydrate your body. Drink calorie-free water to help fill up your stomach and keep you hydrated.

If you are the honorable chef:

Substitute high fat ingredients with lower-fat or fat-free ingredients. Learn about the 5 easy steps to recipe substitutions or see table below *

Leftover Turkey? Instead of turkey sandwiches, use the leftover turkey to make a pot of soup with fresh chunky vegetables or experiment with new recipes!



From the Broker's Desk Nancy C. Rowe

Has your house had a check-up lately? No, I am not referring to remodeling but to the status of the environmental conditions within. Prolonged exposure to environmental hazards will create health issues. The most common complaint is poor air quality which can result in respiratory problems. We build our houses to be energy efficient which eliminates the house's capability to breath and expel toxins. Open windows and ventilate your house as frequently as possible. Just think about all the chemical based products you use in your daily life that are accumulating in your house. New carpet gives off toxic fumes for up to a year and even freshly painted walls will give off fumes for a time. Check out the new "green" products next time you are shopping for carpet or paint. You are probably diligent in dusting but has your heat and air vents been cleaned recently? Especially with floor vents, dust and debris accumulate and when the blower activates, out flies dust particles that you breathe. Be sure to change your filters regularly to help trap the dust particles. Don't overlook dust accumulation on window coverings, flower arrangements and stuffed animals. If you use a woodstove or fireplace, be sure that the flue is clear so there is proper ventilation to address the smoky air and any airborne ash. Mold is a potent toxin and should be addressed aggressively. Be sure that tubs, showers and basins are well caulked so water cannot seep behind walls or under flooring where mold spores will not be visible. If you have a major water incident, invasive inspections will be necessary to determine if drywall, baseboards or flooring will need to be replaced. High humidity will create mold growth and is a great environment for dust mites to breed so the recommended indoor humidity is between 30 and 50% throughout the year. Use your bathroom exhaust fan when you shower and use the kitchen exhaust fan when cooking to remove excess moisture. Exhaust fans should be vented to the exterior and not into the attic or into a crawl space. How pure is your water supply? Whether you are on a spring, well or on public utility water, it is wise to have the water tested to determine if lead or other toxins are present. Water purifiers are readily available and may address any contamination. If you reside in an older house, you might want to check for asbestos which has been banned in most countries but may still remain in your insulation materials or floor tiles. Asbestos must be removed by a specialized vendor with workers using hazmat suits because of the extremely hazardous nature of asbestos. Another odorless and colorless toxin is radon gas which causes lung cancer. Whether you use a professional to test or use a testing kit yourself, a radon test is highly recommended. Atmospheric conditions will impact test results so testing in different seasons might be advisable before rushing to install a mitigation system if your test results are borderline. More "green materials" are becoming available so perform your due diligence when building or remodeling. No house will ever be 100% toxin free because we ourselves exhale carbon monoxide but periodic inspections and testing will give you and your family a better chance for a healthy life. Have real estate questions? Call on the experienced Agents of WILLOW Realty.

Recipe calls for...

- 1 whole egg
- sour cream
- milk
- ice cream
- heavy cream (not for whipping)
- whipped cream
- cheese
- butter
- cream of mushroom

*Substitution

- 2 egg whites
- low fat plain yogurt or low fat sour cream
- skim or 1% milk
- frozen yogurt
- 1:1 ratio of flour whisked into non fat milk (e.g. 1 cup of flour + 1 cup of non fat milk)
- chilled evaporated skim milk or other low fat whipped products
- low-fat cheese (please note: non-fat cheese does not melt well if use in cooking or baking)
- light butter
- fat-free cream of mushroom

Pumpkin Soup

© Food Network/ Rachel

- 1 tbs extra-virgin olive oil,
- 2 tbs butter
- 1 fresh bay leaf
- 2 ribs celery with greens, finely chopped
- 1 medium yellow onion, finely chopped
- Salt and pepper
- 3 tbs all-purpose flour
- 2 tsp poultry seasoning or 2 tps ground thyme
- 2 tsp hot sauce, or to taste
- 6 c chicken stock
- 1 (28-ounce) can cooked pumpkin puree
- 2 c heavy cream
- 1/2 tsp freshly grated nutmeg
- chopped parsley leaves
- Relish:
- 1 crisp apple, finely chopped
- 1/4 red onion, finely chopped
- 2 tbs lemon juice
- 1/2 c dried sweetened cranberries, chopped
- 1 tsp chili powder
- 2 tsp honey
- 1/2 tsp ground cinnamon



Heat a medium soup pot over medium to medium high heat. Add the oil and melt the butter. Add bay, celery, and onion. Season the veggies with salt and pepper. Cook 6 or 7 minutes, until tender. Add flour, poultry seasoning and hot sauce, to taste, then cook flour a minute. Whisk in chicken stock and bring liquid to a bubble. Whisk in pumpkin in large spoonfuls to incorporate it into the broth. Simmer soup 10 minutes to thicken a bit then add in cream and nutmeg. Reduce heat to low and keep warm until ready to serve. While soup cooks, assemble the relish: combine apple, onion, lemon juice, cranberries, chili powder, honey and cinnamon. Adjust seasonings in soup and relish and serve soup in shallow bowls with a few spoonfuls of relish.

A thankful heart is not only the greatest virtue, but the parent of all the other virtues. ~Cicero

