



## Trim your Turkey Day

**Try some of these tips to keep your holiday traditions just as tasty, but with less of that belt busting feeling. Enjoy your favorite dishes more by making a few substitutions to keep calories in check.**

### Roast Turkey Tips:

- Remove the skin before serving. Save 15-20 calories and 2-3 grams of fat per serving.
- Baste your bird with low-sodium chicken broth or white wine instead of butter to cut calories and fat.
- Let the turkey rest for 30 minutes before you carve it. If you immediately carve the turkey, the juices will run out, drying out the meat. A moister bird means less need for fatter, greasy gravy.

### Stuffing Ideas:

- Swap low-sodium chicken broth for most of the butter in your stuffing. Save at least 50 calories per serving and cut the fat in half.
- Add more vegetables to your stuffing. Onions, water chestnuts, carrots and celery are all tasty (and low-calorie) additions to the bread in your stuffing. So are mushrooms!
- Bake stuffing in muffin tins for instant portion control.
- Use whole-wheat or multigrain bread instead of the traditional white bread. These high-fiber whole grains will help fill you up faster.

### Green Bean Casserole Hints:

- Use low-sodium or reduced-fat varieties of cream of mushroom (or cream of celery) soup. Per can of condensed soup, you'll save 120 calories and 16 grams of fat by going with reduced-fat version. Choose low-sodium, and you'll cut nearly 1,000 milligrams of sodium (per can) from your recipe.
- Use water, skim milk or low-sodium chicken broth instead milk to dilute the soup.
- Use reduced-sodium canned green beans, or thoroughly drain and rinse green beans to wash off extra salt.

### Mashed Potato Slim Down:

- Heat skim milk (not whole milk or cream) with some herbs and add just enough to thin the potatoes.
- Use low-fat or fat-free varieties of sour cream, cream cheese or yogurt for added creaminess.

**Remember that Thanksgiving is a time to give thanks, be grateful, and enjoy the company of loved ones. You don't have to go overboard to celebrate this special holiday.**

By Stephanie Romine, Staff Writer Spark People

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