

This newsletter has become my annual holiday Nutrition Newsletter. The lesson is one to live by all year, but especially from Thanksgiving through Mardi Gras. In New Orleans there is always something to celebrate! Holiday season is among us and one of the biggest challenges is food! This year take the time to modify your food choices, recipes and overall approach to holiday foods.

The three steps to food modification is reduce, replace or eliminate. Kids and teenagers in general and active kids and teenagers even more so can get away with occasional splurges in their meal plan. However, the habits as a child will continue into adulthood. Additionally, holiday time tends to be a continuous splurge from Halloween through Mardi Gras and therefore no longer "occasional".

Holiday eating can also result in sluggish workouts, and decrease performance at the meets. Approach this season with reduce, replace or eliminate rules and you can enjoy seasonal favorites while not going overboard.

**Reduce:** Basic enough, you reduce your portions. If you look forward to Aunt Edna's pecan pie all year, reduce your portion from the usual 2 slices to 1 slice, or better yet a half slice. If you enjoy hot chocolate after getting out of the cold pool, put a half packet of chocolate mix into your milk. In other words, have the food you desire, just have less.

**Replace:** Swap out an ingredient or dish for a better replacement. Instead of the croissant choose a small dinner

roll, instead of rich gravy on your turkey use a little broth or a little cranberry sauce.

**Eliminate:** Sometimes it's just best to skip it. Be choosy, pick your favorite holiday dishes to enjoy in reduced portions and simply eliminate the others.

Parents, reduce, replace and eliminate can also be used in recipes. Most holiday dishes are overly rich, sweet, and salty. Review your traditional dishes and see if the steps to modification can improve the healthiness of the dish. You do not have to change all recipes, please don't mess with family recipes which have been passed down for generations, but try and find some ways to adjust what you can.

There are beneficial holiday dishes for swimmers and parents alike. Turkey is a great lean protein and is very versatile as left overs. Cranberries pack a punch with antioxidants and even fiber, and don't forget the vitamin rich, fiber filled pumpkin!

In the blue box you will see the modified recipe for pumpkin pie. The original recipe calls for  $\frac{3}{4}$  cup of sugar, 2 large whole eggs,  $\frac{1}{2}$  tsp salt, regular evaporated milk, and a deep dish pie shell. By reducing the sugar, eliminating the salt, replacing the evaporated milk with fat free evaporated milk, reducing the eggs from whole eggs to egg whites and replacing the deep dish pie shell with a graham cracker crust per slice you will save: 100 calories, 8g fat, 150mg

Pumpkin Pie (modified)  
 $\frac{1}{2}$  cup granulated sugar  
 1 teaspoon ground cinnamon  
 $\frac{1}{2}$  teaspoon ground ginger  
 $\frac{1}{4}$  teaspoon ground cloves  
 3 large egg whites  
 1 can (15oz) LIBBY'S 100% pure pumpkin  
 1 can (12oz) Fat free Evaporated milk  
 2 – premade graham cracker crust  
 8- ginger snap cookies, finely crushed  
 Mix: sugar, cinnamon, ginger and cloves in a small bowl. Beat eggs in large bowl. Stir in pumpkin and sugar-spice mixture. Gradually stir in evaporated milk.

Pour:  $\frac{1}{2}$  mixture into one pie shell and  $\frac{1}{2}$  mixture into the other pie shell.

Bake: Preheat oven 425degrees for 15minutes. Reduce temperature to 350degrees, bake for 40-50minutes or until knife inserted near center comes out clean. Cool on wire rack for 2 hours. Serve immediately or refrigerate.

Makes 2 pies.

Serving Size: 1/8 pie = 180 calories, 3.5g Total fat, 150mg Sodium, 30g Total Carbohydrate, 20g sugar, 6g protein.

sodium, 10g carbohydrates, 5g of sugar, and protein stays the same.

### Monthly challenge:

**Teenage Athlete** – Use reduce, replace or eliminate when you go to your holiday parties.

**Parents** – Try out the pumpkin pie or modify a holiday recipe yourself. Feel free to share your modification with the team.