

SENIOR NUTRITION NEWS

Eat Smart Idaho

November 2022

Healthy Thanksgiving Food Choices

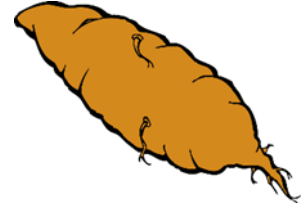
Thanksgiving is a time for many traditional foods. Whether you are preparing food or just eating it look for the following Thanksgiving favorites to help add a little nutrition to your holiday:

- **Pumpkin** – Pumpkins are low in calories, fat, and sodium and are high in fiber., Vitamin A, Vitamin B, potassium, protein, and iron.
- **Cranberries** – Cranberries are packed with Vitamin C, antioxidants, and a fair amount of dietary fiber. One fourth cup of jellied cranberry sauce is approximately 110 calories. If you make it yourself, you can lower the amount of added sugar.
- **Sweet Potatoes** – Sweet potatoes are a rich source of antioxidants such as Vitamin C and beta-carotene. Like bananas, it also is an excellent source of potassium. If you eat the skin, you will get the added health benefits of fiber, making the sweet potato a healthy holiday food.
- **Green Beans** – Green beans are an excellent source of vitamin C, vitamin K and manganese. They also contain a good amount of vitamin A, dietary fiber, potassium, folate, and iron. Green bean casserole is a traditional holiday dish that is high in calories due to the cream of mushroom soup, fried onions and milk. You can lighten it up by using fat-free cream of mushroom soup and skim or 1% milk. No one will know unless you tell them.
- **Turkey** – Different parts of the turkey add different amounts of fat and calories. White meat has less fat and calories than dark meat, and choosing pieces without skin will have less calories as well. In addition to being an excellent source of protein, it is low in fat and an inexpensive source of iron, zinc, phosphorus, potassium and B vitamins. A serving of turkey is 3.5 ounces, which is about the size of the palm of your hand.



Mashed Sweet Potatoes

4 sweet potatoes, washed
1 Tbsp soft margarine
1 Tbsp brown sugar



1. Preheat oven to 400 degrees.
2. Prick potatoes with fork in several spots. Wrap in aluminum foil.
3. Bake sweet potatoes 1 to 1 ¼ hours or until tender when pressed.
4. When the sweet potatoes are done, remove from oven. Let potatoes cool briefly; remove foil. Slit open potato, taking care to avoid skin contact with escaping steam.
5. Scoop flesh into serving dish.
6. Add margarine and brown sugar to sweet potatoes. Lightly mash sweet potatoes and flavorings together with fork.
7. Serve immediately.

Pumpkin Parfait

½ cup low-fat vanilla yogurt
1 Tablespoon pumpkin, canned
1/2 teaspoon pumpkin pie spice



1. Mix all ingredients together in a small bowl or medium-sized cup.
2. Serve immediately or refrigerate.

For Information on Eat Smart Idaho classes, contact the Nutrition Instructor in your county:

Panhandle: Benewah, Bonner, Boundary,
Kootenai & Shoshone Counties 208-292-2525

North Central Idaho: Clearwater, Idaho, Latah,
Lewis, & Nez Perce Counties 208-883-2267



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Sources: <https://www.uaex.uada.edu/counties/miller/news/fcs/holiday-foods/Healthy-Holiday-Foods-to-Include-at-Your-Thanksgiving-Table.aspx>;
<https://extension.umd.edu/programs/family-consumer-sciences/snap-ed/eat-smart/recipes/mashed-sweet-potatoes>; <https://extension.umd.edu/programs/family-consumer-sciences/snap-ed/eat-smart/recipes/pumpkin-parfait> retrieved 10/25/22

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