



MyPlate is a great model for healthful and balanced eating. It shows how to make healthful food choices and supports the following two overarching concepts included in the DIETARY GUIDELINES FOR AMERICANS, 2010:

- 1) Maintain calorie balance over time to achieve and sustain a healthy weight.
- 2) Focus on consuming nutrient-dense foods and beverages.

A healthy eating pattern needs to promote health, help to decrease the risk of chronic diseases and prevent foodborne illness.

Thanksgiving Day and the season is a time when families gather around the dining room table to give thanks, spend time together and enjoy good food. All too often it is about an overabundance of rich, high fat and high sugar foods! There are many ways to create healthier versions of classic Thanksgiving foods and to use MyPlate as a model to include foods from all food groups: vegetables, fruits, protein, grains and dairy. Here are some ideas:



Thanksgiving is a great opportunity to add more vegetables. Make a vegetable soup such as butternut squash, French onion or vegetable bisque as an appetizer. Lightly sauté zucchini or spinach. Roast root vegetables like carrots, parsnips and turnips. Add a big mixed green vegetable salad with a balsamic vinaigrette dressing.



Enjoy a variety of fruits. Add mandarin oranges to a green salad, fix a seasonal fruit compote with a variety of diced pears and apples, grapes and citrus or make a low sugar cranberry salad.



Turkey breast is the leanest part of the turkey. Avoid eating the skin to reduce fat intake. For a small gathering a turkey breast is an option to cooking a whole turkey.



Include whole grains such as a brown rice or whole wheat rolls.



Remember the dairy. Sprinkle low fat cheese on salads or hot vegetables, offer low fat cottage cheese or yogurt with fruit as a salad or serve pudding or tapioca for a light dessert.

#### Ideas for Using Thanksgiving Leftovers

\*Enjoy a harvest stew using leftover defatted turkey stock for the base. Add chopped leftover vegetables and turkey. Bring to a boil and simmer 10 to 15 minutes. Stir in some leftover mashed potatoes or instant potatoes to thicken.

\*Mix diced turkey, chopped celery, apples and walnuts with some light mayonnaise to make a delightful turkey salad.

\*Spread a whole wheat wrap lightly with cranberry sauce and sprinkle with chopped pecans. Top with sliced turkey and roll for a delicious wrap.



## Sautéed Sweet Potatoes

### Ingredients:

- 2 tablespoons olive oil
- 1 pound unpeeled ½ inch diced sweet potatoes
- ¼ cup chopped sliced green onions
- 1-2 cups water
- ¼ teaspoon salt
- ¼ teaspoon ground black pepper

### Directions:

Pour oil in skillet and heat to medium. Add sweet potatoes and green onions and sauté for 3 to 4 minutes until they begin to brown. Add ½ cup water and sprinkle with salt and pepper. Cook, stirring occasionally until water evaporates. Continue adding water 2 to 3 tablespoons at a time while cooking until potatoes are tender, about 15 to 20 minutes. This recipe makes 6 servings and each serving contains approximately 118 calories and 5 grams of fat.



#### Produce of the month: Sweet Potatoes

Nutrition Information:	
Serving Size:	1 medium baked sweet potato
Calories:	118
Protein:	2 grams
Fat:	.1 gram
Carbohydrate:	28 grams
Cholesterol:	0 mg
Fiber:	2.1 grams
Sodium:	12 milligrams



#### Fast Facts About Sweet Potatoes:

- \*Sweet potatoes are a root vegetable with a wonderful natural sweet flavor.
- \*They are rich in nutrients and deserve to be on our tables year round – not just at Thanksgiving!
- \*Sweet potatoes provide a large amount of vitamin A in the form of beta carotene, are rich in potassium and contain vitamin C.
- \*Select firm sweet potatoes that are small to medium in size and have a smooth skin without bruises.
- \*Store in a dry and dark ventilated cupboard or potato bin.
- \*Sweet potatoes are versatile and can easily be baked, boiled, sautéed or microwaved.



Becky Varner  
MS, RD, LD

### Upcoming Nutrition Activities

### Learn with Lunch This Month

**Apple, Pear & Cranberry Compote  
Turkey Soup with Fresh Kale  
Toasted Almond Dessert Muffins**

### Shopping Tours

Becky Varner, our Registered Dietitian will teach you how to stock a healthful kitchen. Learn how to make healthful food choices, read food labels AND maintain a healthful diet. You'll find out about products BUY FOR LESS offers customers that fit into a healthful diet and that meet specific dietary needs including diabetes, celiac disease and heart health.

**Class size limited: Call 302-6273 ext 332 to register**

### NOVEMBER NUTRITION CLASSES AT BUY FOR LESS

(Our holiday class schedule is different than our normal monthly schedule.)

#### Learn with Lunch Healthful Holiday Cooking Classes:

Tue, Nov 12th 12:00 (noon) 3501 NW Expressway, OKC  
Wed, Nov 13th 12:00 (noon) 2500 North Penn, OKC  
Tue, Nov 19th 12:00 (noon) 10011 SE 15th, MWC

#### Shopping Tours:

##### Shopping With MyPlate For The Holidays

Tue, Nov 12th 1:30 PM 3501 NW Expressway, OKC  
Wed, Nov 13th 1:30 PM 2500 North Penn, OKC  
Tue, Nov 19th 1:30 PM 10011 SE 15th, MWC

##### Gluten Free Shopping Tour

Thu, Nov 14th 10:00 AM 3501 NW Expressway, OKC

### DECEMBER NUTRITION CLASSES AT BUY FOR LESS

#### Learn with Lunch Healthful Christmas Class:

Tue, Dec 10th 12:00 (noon) 3501 NW Expressway, OKC

#### Shopping Tours:

##### Shopping with MyPlate For Christmas Delights

Tue, Dec 10th 1:30 PM 3501 NW Expressway, OKC

VISIT [www.yourwellnessok.com](http://www.yourwellnessok.com)

for our December class menu and for additional recipes.

## NOVEMBER IS AMERICAN DIABETES MONTH

November is American Diabetes Month and one of the primary objectives is to increase the awareness and understanding of diabetes, its consequences, management and the prevention of type 2 diabetes. The American Diabetes Association is behind the largest national movement to Stop Diabetes and its deadly consequences. Facts about diabetes include:

- Nearly 26 million children and adults in the United States have diabetes.
- Another 79 million Americans have prediabetes and are at risk for developing type 2 diabetes.
- Recent estimates project that as many as one in three American adults will have diabetes in 2050 unless we take steps to Stop Diabetes.
- Two out of three people with diabetes die from heart disease or stroke. It is the leading cause of kidney failure and of new cases of blindness among adults. Also, the rate of amputation for people with diabetes is 10 times higher than for people without diabetes.

For more information call 1 800-DIABETES or visit [www.stopdiabetes.com](http://www.stopdiabetes.com).