Although the title of this article may sound like double talk, the holidays don’t have to be “horror days” if you put your favorite holiday recipes through a healthy makeover. First, you need to decide what you would like to accomplish. Would you like to reduce calories or fat? Maybe you’d like to incorporate more fiber. Whatever your goal, the second step is to identify the ingredient(s) in the recipe that can be modified. Very few recipes need to be followed exactly to assure a good quality product. The following hints will increase your chances for success.

Reducing Fat and Calories
- Reduce fat by 1/4 to 1/3 in baked products.
- Sauté in water or broth instead of fat.
- Use the reduced-calorie/fat alternative for whole milk, cheeses, sour cream, mayonnaise, salad dressings, cottage cheese, etc.
- Chill soups, gravies and broth to skim off the hardened fat before reheating to serve.
- Replace fat in baked goods with equal amounts of applesauce or prune puree. (This will work in many recipes, but not all. The flavor of some products may be altered by this substitution.)

Reducing Saturated Fat and Cholesterol
- Substitute 2 egg whites for each whole egg.
- If a recipe calls for “melted” shortening or butter, use vegetable oil in place of the solid fat. (Do not try to substitute oil for solid fat measurements.)

Reducing Sweeteners
- Reduce sugar by 1/4 to 1/3 in baked goods and desserts. (Don’t reduce sweeteners in yeast breads. It promotes rising.)
- Increase the amount of vanilla or cinnamon in the recipe to enhance the impression of sweetness.

Increasing Fiber
- Substitute whole grain flours for up to 1/2 of the white flour in a recipe.
- Add extra fruits and vegetables to recipes and include the peel when appropriate.
- Add fruits to muffins, pancakes, salads, and desserts; and add vegetables to quiche, casseroles, and salads.

Reducing Sodium
- Omit or reduce by half the amount of salt called for in a recipe. (Salt is needed in yeast bread to control the rising action of the yeast.)
- Rely on herbs and spices in place of salt for flavor. Taste foods before adding extra salt.

On page 2, find healthy holiday recipes to liven up the day and your taste buds!
**SWEET POTATO STREUSEL**

6 – ½ CUP SERVINGS

2 cups sliced sweet potatoes
1 1 cup chopped apple
1/2 cup orange juice
1/4 tsp. cinnamon
1/8 tsp. nutmeg
2 Tbs. flour
1/2 cup brown sugar, firmly packed
1 Tbs. margarine, melted

Coat the inside of 2-quart, ovenproof casserole dish with non-stick cooking spray. In casserole, combine potatoes and apple. Toss with orange juice, cinnamon and nutmeg. Cover and bake at 350°F for 30 minutes. Meanwhile, combine flour, sugar and margarine for streusel topping. Sprinkle streusel over the top of the casserole and bake uncovered for an additional 15 minutes or until potatoes are soft.

Per ½ cup serving: 170 calories, 2 grams of fat, 2 grams dietary fiber.

**Holiday Pumpkin Pie - one 9-inch pie**

**Crust:**
1 cup all-purpose flour
1 Tbs. sugar
¼ tsp. salt
¼ cup oil
1-2 Tbs. ice water

To make crust: Spray a 9-inch pie pan with vegetable cooking spray. In a medium-sized bowl, stir together flour, sugar and salt. Using a fork, slowly stir the oil into the flour mixture until crumbly. Gradually stir in enough ice water so that the dough will hold together. Roll the dough between sheets of waxed paper with a rolling pin into a circle about 12 inches in diameter. Remove the top sheet of waxed paper and invert the dough over the pie pan. Peel away the remaining waxed paper and press crust into pan. Fold edges of crust under and crimp upward to make a high rim. Chill pastry while preparing the filling.

**Filling:**
1 egg
2 egg whites
1-16 ounce can solid pack pumpkin
3/4 cup sugar
1/2 tsp. salt
1/2 tsp. cinnamon
1/2 tsp. nutmeg
1/4 tsp. ginger
1/8 tsp. cloves
1 tsp. vanilla
1-13 ounce can evaporated skim milk

Preheat oven to 425°F. Mix all ingredients in blender, food processor or mixing bowl. Pour into pie shell and sprinkle lightly with more cinnamon, if desired. Bake for 10 minutes, and then reduce temperature to 350°F and bake an additional 45 minutes. A knife inserted near the center of the pie should come out clean when finished.

One slice of this delicious, low-fat pie provides 260 calories and only 7 grams of fat. Traditional pumpkin pie provides 316 calories and 14 grams of fat.
A day’s worth of fruits & vegetables

It’s easy for most of us to get enough fruit in our diets. Add bananas, berries, or dried fruit to breakfast cereal, slice a juicy melon for dessert, and crunch on an apple for a quick snack and you’ll probably meet the daily nutritional guidelines of 2 cups.

Getting enough vegetables can be more challenging, however. Here are some easy ways to work the recommended 2½ cups into your daily menus:

- Start the day with ½ cup of vegetable juice.
- Enjoy a spinach salad or other main dish salad for lunch.
- Add vegetables instead of meat to pasta dishes, pizzas, soups and stews.
- Spoon salsa onto a baked potato.
- Keep bags of pre-cut, pre-washed carrots, snap peas and cherry tomatoes on hand for quick snacking.
- Make a vegetable stir-fry with small amounts of chicken, lean beef or fish.
- Whip up some refreshing fruit and vegetable smoothies.
- Top off salads with apples and pear slices, cranberries and pomegranate seeds.

Source: U.S. Department of Agriculture HopeHealth ~ No. 10247

Breast cancer awareness

For both women and men: See your health-care provider if you notice any changes in your breast, including: a lump, swelling, thick or firm tissue in your breast or under your arm; nipple changes such as discharge, tenderness, or a nipple inverted or pulled back; itching, redness, scales, dimples, or puckers on the skin. Women should have a yearly mammogram and clinical breast exam beginning at age 40 to screen for breast cancer. Talk to your doctor about earlier screening if you have a family history of breast cancer.

Sources: National Cancer Institute; American Cancer Society HopeHealth ~ No. 10399

Tenure and Promotion awarded to Cooperative Extension Faculty

Teresa Byington and Anne Lindsay for receiving their Tenure and promotion to the rank of Associate Professor. Teresa, an Early Care and Education Specialist, works primarily with child care providers. Anne, an Exercise Physiologist, focuses on education and research to include women under correctional supervision with co-occurring issues in substance abuse, eating disorders, body image and health. Both collaborate with programming to address childhood obesity issues.
Frequently asked questions...and answers
By Mary Wilson, Registered Dietitian

I often get asked about the use of dietary supplements and their effectiveness and safety. Half of Americans use dietary supplements on a regular basis to improve their health. Unfortunately, many are marketed with unfounded and exaggerated claims. A recent report by the UC Berkeley Wellness Letter discussed some of the most common myths about dietary supplements.

**MYTH #1: Dietary supplements are far safer than prescription drugs because they are "natural."**

THE REALITY: The fact that a supplement is derived from an herb or other plant, and is therefore "natural," doesn't necessarily make it safe.

If everything that was made from plants was safe, we wouldn't be told to avoid eating certain berries or mushrooms while hiking in the woods. And would you consume arsenic or hemlock?

**MYTH #2: Dietary supplements are rigorously tested and their effectiveness backed by all sorts of studies and scientific proof.**

THE REALITY: To gain FDA approval, any new prescription drug has to pass a series of strict clinical trials. But dietary supplements are sold without FDA approval. Worse, they either undergo no testing at all -- or the "testing" to which they have been submitted typically does not meet the standards required by the scientific community.

Example: Supplement advertisements frequently boast that a particular herb has been used for a thousand years in Asia. In reality, some Chinese herbs can cause liver damage and other dangerous side effects.

**MYTH #3: Supplement makers are knights on white horses riding to our rescue, while the pharmaceutical industry is "evil."**

THE REALITY: Both the pharmaceutical and the dietary supplement industries spend millions of dollars trying to get us to buy their products.

So the question comes down to: who -- and what products -- do you trust?

Contact Professor Wilson at 702-257-5507 or email wilsonm@unce.unr.edu.