

STEPS

OUTH TEXAS EARLY PREVENTION STUDIES
STEPS SNAP-ED

Kindergarten



Newsletter

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WHAT'S INSIDE?

P1. Happy Thanksgiving!

P2. Tips for maintaining Healthy Habits during the Holidays.

P3. Pumpkin Pie Healthy Alternative!

P4. What's on YOUR plate?

Eat, exercise
and be
thankful

Dear RGV Families:

Prepare a holiday season full of joy with family and friends.

In your meals include more fruits and vegetables; and after meals take a walk or plan for outdoor physical activities.

The UTRGV STEPS Team is thankful for your participation.

Happy Thanksgiving

TIPS

FOR MAINTAINING HEALTHY HABITS DURING THE HOLIDAYS!

These holidays, it may be difficult to maintain your fitness and nutrition goals; however, it is not impossible.

Here are some tips that may help you enjoy those holidays and eat with no regrets!

1 **Do Not arrive hungry to the gathering!**

Do not skip meals to save calories.

2 **Carefully choose the right plate for you.**

A smaller sized plate can help with overfilling your plate with more items.

3 **Be thankful**

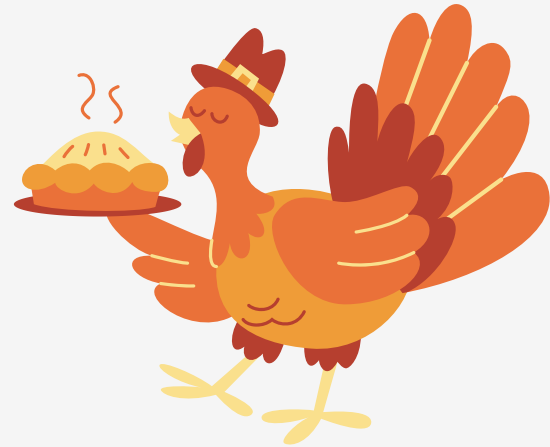
Enjoy the company of your loved ones.

4 **Balance your plate**

Aim to fill up half of your plate with vegetables!

5 **Fill up on fruits and vegetables!**

Leave less room for other high calorie foods.



6 **Bring something to thanksgiving dinner**

You will have control over what goes into the dish.

7 **Watch for liquid Calories.**

Drinks often contain lots of calories.

8 **Select appropriately**

Choose small servings and dont return for seconds.

9 **Food Gifts**

Stay away from gifting food items such as cookies and pastries.

10 **Stay active and keep health goals in mind.**

Plan to fit in some activity each day.



mmm Good...Pumpkin Pie



It is not a secret that most pies are loaded with sugar and are high in carbs. If you have a medical condition that restricts you from eating or you are just cutting in eating carbs, try this low carb pie with no crust recipe. ***It is healthy & delicious!***

Crustless pumpkin pie.

Ingredients

- **1 Can = 15 oz = 425 g of Organic Pumpkin Puree**
- **1 cup = 240 ml of organic heavy cream**
- **2/3 cup = 160 ml erythritol crystals**
- **3 extra large organic eggs**
- **2 teaspoons of pumpkin pie spice**



- 1. Preheat oven to 350 °F (175 °C).**
- 2. Grease a 10-inch pie pan or a baking dish generously with butter and set it aside.**
- 3. Place all ingredients in a bowl and mix until the mixture is smooth.**
- 4. Pour the mixture in the greased pie pan.**
- 5. Bake for 1 hr. or until the center of the pie appears slightly higher than the edges.**
- 6. Remove from oven and let cool completely.**
- 7. Refrigerate overnight and serve on the next day with whipped cream.**

WHAT'S ON YOUR PLATE?



THE TOTAL NUMBER OF CALORIES A PERSON NEEDS EACH DAY VARIES DEPENDING ON A NUMBER OF FACTORS, AGE, SEX, HEIGHT, WEIGHT, LEVEL OF PHYSICAL ACTIVITY, AND PREGNANCY OR LACTATIONS STATUS.

SMALLER PORTION SIZE = LESS CALORIES

<https://www.dietaryguidelinesforamericans2020-2025.org>

CHECK OUT THE DIFFERENCE IN CALORIES WHEN MAKING MODIFICATION IN FOOD PORTION SIZE.

<https://www.health.harvard.edu/blog/healthy-eating-through-the-holidays-2018112015386>

MEAL	ORIGINAL PORTION	CALORIES	NEW PORTION	CALORIES
ROASTED TURKEY	7 OUNCES	380	3.5 OUNCES	190
CRANBERRY SAUCE	1/4 CUP	90	2 TABLESPOONS	45
GRAVY	1/4 CUP	129	2 TABLESPOONS	64
TURKEY STUFFING	1/2 CUP	118	1/4 CUP	59
WHIPPED POTATO	1/2 CUP	94	1/4 CUP	47
VEGETABLE SALAD (PLAIN)	1 CUP	25	1 CUP	25
DINNER ROLL	1	70	SKIP	0
PUMPKIN PIE	1/8 OF 9 INCH PIE	316	1/16 OF 9-INCH PIE	158
TOTAL CALORIES		1,222		588

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