

Mid-Willamette Valley

MONTHLY

your health

America's Health Brand

TOP TEN
things to know
about diabetes

Fashionably Lame
Looking good has never been
such a pain in the...

**When the Belly
Bubble Bursts**
Experts weigh in on the
pre-diabetes epidemic

S4 P8 *****AUTO**5-DIGIT 97301
RACHEL BUCCI
549 24TH ST NE
SALEM OR 97301-4451

PSNET STD
U.S. POSTAGE
PAID
LONG BEACH CA,
PERMIT NO 1677



November 2008

FREE

Healthy Thanksgiving Tips

If your idea of a healthy Thanksgiving is steering clear of the deep-fried turkey, read on. Rebecca Tryon, BS, CNC, health educator at Wellspring Medical Center in Woodburn, shares her top tips for making this Thanksgiving a healthy one.

1. Give yourself permission to celebrate. Thanksgiving Day is not the problem, it's what happens leading up to and after the event. "Acknowledge that you may eat more. And it's okay. No one likes to feel they are missing Aunt Bettie's special pie. So have a slice. But before and after, eat a diet based around vegetables and whole grains," she says.

2. Cook the right amount. It's easy to prepare two or three times what's necessary, but better planning means fewer leftovers and less temptation. If you want to cook more, focus on vegetables and lean meats, not extra pies. "Make a big salad with a special holiday dressing. Add some

caramelized onions and walnuts. Make it appealing and healthy," Tryon says.

3. Bake smarter. You can safely cut up to 50 percent of the sugar in most recipes. Better yet, use unrefined sweeteners such as Sucanat or agave syrup, which lend a rich flavor and complement seasonal spices. Similarly, use whole grains such as wheat, spelt, rye or oat flour.

4. Cook from scratch. For a flavorful and nutritious holiday meal, focus on fresh ingredients. "Use fresh green beans and herbs. Or sweet potatoes, mashed with just a little butter," Tryon says. "Make some special whole grain rolls. Instead of opening a can, go for quality and nutrition with fresh cranberry sauce."

5. Focus on the holiday's deeper meaning. She suggests asking guests, at the beginning of the meal, to share something they are grateful for. "This helps build holiday traditions around something other than just the food," Tryon says.



New Twist on a Favorite Recipe

Try this mousse-like, lactose-free version of a holiday favorite—pumpkin pie.

Ingredients:

- 1 large can of pumpkin puree
- $\frac{3}{4}$ can of coconut milk
- 2 organic eggs
- 2 teaspoons each of nutmeg, cinnamon, cloves (add more if you like things spicy)
- 1 teaspoon lemon zest or extract
- $\frac{1}{2}$ to $\frac{3}{4}$ cup agave nectar or brown rice syrup or other unrefined sugar
- 1 tablespoon blackstrap molasses and extra for drizzling

Method: In a large bowl, mix all ingredients until smooth. Pour into a 9-inch greased pie dish. Drizzle blackstrap molasses on top (write something if you'd like!). Bake at 425 degrees for 40-50 minutes, or until a knife comes out clean and edges are browned. Serve warm.

Variation: Use whole grain pie crust or simply cut two bananas into thin slices, add $\frac{1}{2}$ cup of crushed walnuts and press into the bottom of the greased dish before cooking.

— Provided by Rebecca Tryon, BS, CNC, health educator at Wellspring Medical Center



News & Notes

■ **Silverton Hospital Auxiliary** has been selected as the state winner of the 2008 Oregon Governor's Volunteer Awards in the Outstanding Volunteer Program category.

■ The National Wildlife Federation has recognized **Willamette University** for the most sustainability practices of 1,068 schools participating in a nationwide survey.

■ **Western Oregon University** has been awarded a \$1.6 million federal grant to help recruit and train teachers to meet the needs of students who are deaf or who have simultaneous vision and hearing impairment.