



PUMPKIN PIE

VS.

PECAN PIE



**FOOD COURT**

## Grab a Slimmer Slice

### Which Pie Piece Wins the Thin Challenge?

No matter how stuffed we become after a Thanksgiving meal, there is always room for pie. Since every calorie counts, we have researched the different brands and types of pies to help you choose a lower-calorie end to your feast.

To achieve the most accurate nutrition information, we compared the calorie and fat content of slices of apple, pumpkin and pecan from commercial pie company Bakers Square. To ensure our findings were consistent with other brands, we analyzed the same information in slices of apple, pumpkin and pecan pie from Sarah Lee. We found 1/8 of an apple pie from Bakers Square contained 410 calories and 18 grams of fat. The pumpkin pie featured 340 calories and 15 grams of fat, and the pecan pie featured 500 calories and 25 grams of fat. One tenth of an apple pie from Sarah Lee contained 300 calories and 12 grams of fat, the pumpkin pie had 240 calories and 10 grams of fat, and the pecan pie featured 400 calories and 18 grams of fat.

### The Verdict is In

With 340 calories and 15 grams of fat in a Bakers Square slice and 240 calories and 10 grams of fat in a Sarah Lee slice, the pumpkin pie is the winner! Both brands' pecan pie was the highest in calories, topping both the apple pie and pumpkin pie, consistently the lowest.

**FITNESS**

## Check Out the New 'Gliding' Class

"Gliding" is a new class offered in a few gyms in the Washington, D.C. area. It utilizes cardiovascular, strength, flexibility and core stability with disks that are slightly smaller than sliding paper plates. Using the disks forces you to utilize abdominal muscles to stabilize your body, enabling you to burn more calories while experiencing a challenging and fun workout.

Gliding can be incorporated into any class format, including hi-low, step, Pilates, yoga, strength training and core conditioning. Currently, in the Northern Virginia area, Gliding is offered at Sport and Health at Tysons Corner, where people seem to love it. According to Madeline Dolente, a fitness professional in the region, "Gliding is an excellent workout that maximizes a number of body parts while burning the most amount of calories in the shortest amount of time."

Christine H. Haas is a certified NASM personal trainer and a licensed nutritionist. She can be reached at [christine@nuweights.com](mailto:christine@nuweights.com), or visit her website at [www.nuweights.com](http://www.nuweights.com).

