



Think Before You Eat

[FOOD COURT]

Guilt-Free Feast

Track the traps in your turkey's spread



This year, give thanks to good health over a traditional Thanksgiving dinner with fewer calories and fat. Not sure where to start? With turkey weighing in at only 45 calories and 1 gram of fat per ounce per serving, expect the sides to contain the bulk of the calories.

We decided to investigate

the calorie content of various popular Thanksgiving prepared dishes and found some fruits and vegetables to be deceptively plumped with more sugar calories than others. Between S&W Candied Yams or Ocean Spray Jellied Cranberry Sauce, can you guess which is a lower-calorie option?

Verdict

To our surprise, we found the candied yams to be a lower-calorie and healthier option than the cranberry sauce. With 170 calories, 0 grams of fat and 4 grams of fiber per half-cup, the S&W Candied Yams have less calories and significantly more fiber than the Ocean Spray Jellied Cranberry Sauce, which has 240 calories, 0 grams of fat and 1 gram of fiber per half-cup.

Still, it's more typical to consume more than a half-cup of yams in one

sitting than over a half-cup of cranberry sauce, and those extra carbohydrate calories can quickly turn a high-nutrient yam dish into a healthy buffet-buster.

For a lower-calorie option, seek out traditional vegetable recipes that are reduced in fat and sugar, or replace the heavy ingredients with a low-calorie sweetener or low-fat alternative. Salt-free seasonings can also improve the overall health of your Thanksgiving spread.

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I would never have believed you if you told me a few weeks ago I'd be having granola in rice milk sprinkled with flax seeds and blueberries for breakfast, sliced tomatoes and avocado with Herbamare for lunch and grilled tuna steak with wilted Swiss chard for dinner.

That would be someone else's menu, someone healthy and health-conscious. My running joke has always been: "Fruit? Vegetables? That's what food eats."

But Beth Eckhaus has got into my head. She's the certified holistic health counselor who has convinced me that everything in the center of the grocery store requires a gimlet eye as it all contains something that keeps it viable on the shelf for a year or more—and that something isn't usually found in nature.

My mind-expanding experience with the Five Stones program is winding down, but the results may still leave you surprised. I know I was.

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Field your burning fitness queries via live chat every **Thursday at 2 p.m.** with health professional Christine Haas, www.northernvirginiamag.com/health_beauty/well_bent.com.