

Happy Thanksgiving



As we enter the week of Thanksgiving I just want to take a moment and thank you for being a loyal subscriber to my e-newsletter and sharing it with your family and friends.

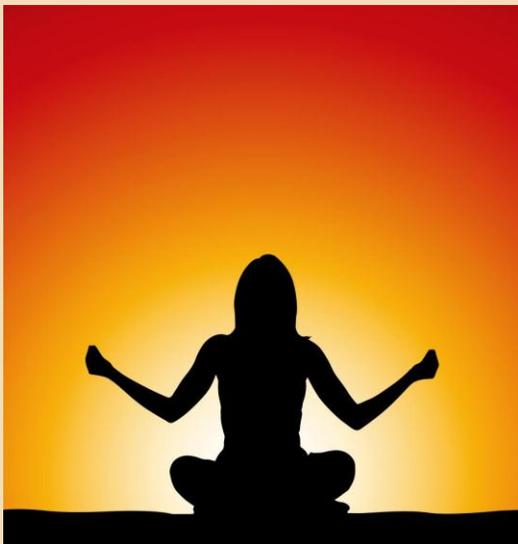
I also want to ask you to take a moment and express gratitude to your body and the food we have that nourishes and fuels it. With our busy American lifestyle it can be easy to take for granted the wonderful gifts we have right within us. Take time to thank yourself and reflect on all your body can do for you, it then becomes a little easier to implement healthier lifestyle habits.

I hope you enjoy my special Thanksgiving Newsletter. Know that creating a healthy lifestyle happens one day at a time and the little choices you make do add up. When it comes to your Thanksgiving Feast remember to be mindful with the choices you make.

Enjoy the day with your loved ones!

- Kathleen

A Thanksgiving Wish:



Today I will make time to thank my body for all it can do.

I am grateful for my heart that beats and keeps me alive.

I am grateful for my legs and feet that move me.

I am grateful for my ears, nose, and mouth. Because of these I can listen to a friend in need, smell the aroma of a home cooked meal, taste the nutrition that feeds my body, speak words to comfort, and laugh till

Practice Promo:

I'm lonely! Most people put off their healthy resolutions until after the first of the year, so I have lots of openings for December. Why not get a jump start on a healthier 2013 by coming in soon for a nutrition tune-up and goal setting session? I look forward to hearing from you.

Best Light Pumpkin Pie



Serves: 8 | Serving Size:
Total Time: 60 min | Prep: 15 min | Cook: 45 min

Ingredients:
16 pieces of ginger snap cookies

16 ounce can pumpkin

1/2 cup egg whites

I cry and my heart is content.

I am grateful for the perfect flaws that I have and for all that they have taught me.

I am grateful for the people who brought me into this world and raised me into the person I am today.

I am grateful that I am here and able to read this and share with people that I love.

Today I am going to state all that I am grateful for rather than everything that needs to be changed and improved.

Today I am simply grateful.

Foods to Be Thankful for this Fall..
not only are they nutritious but also delicious!

Pumpkin
Butternut Squash
Acorn Squash
Turkey
Cinnamon
Cranberries
Apples
Pomegranates
Chestnuts
Brussel Spouts
Kale
Turnip Greens

1/3 cup sugar

1 1/2 cup evaporated skim milk

2 teaspoons pumpkin pie spice

1/3 cup Truvia

Directions:

Preheat oven to 350 degrees. Grind ginger snaps in food processor. Lightly spray a glass pie pan with cooking spray. Pat cookie crumbs into the bottom of the pan evenly.

Mix the rest of the ingredients in a medium bowl and pour into the crust. Bake until knife comes out clean from center, about 45 minutes. Refrigerate and slice into 8 wedges.

Chef's Tips:

Optional: serve each wedge with fat-free whipped cream.

Nutrition Facts: Serving Size

Servings Per Batch 8

Amount Per Serving: Calories 130, Calories from Fat 13, Total Fat 1g, Saturated Fat 0g, Trans Fat 0g, Cholesterol 1mg, Sodium 123mg, Total Carbohydrate 26g, Dietary Fiber 0 g, Sugars 17g, Protein 4g

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Is Your Feast Worth the Burn?



Being mindful means making choices. Take a look below at just how those choices can add up. Decide what you really love and determine what you are eating "just because" it is available there. Being informed of just how much exercise it takes to burn off the extra calories may help you to think twice before loading up your plate with that extra serving of mashed potatoes.

Food Amount Calories Exercise- Brisk Walking
Mashed Potatoes 1 cup 237 69 min
(whole milk, butter, salt)

Sweet Potato Casserole 1/2 cup 230 67 min
with marshmallows

Cranberry sauce 1/4 cup 110 32 min

Green bean casserole 3/4 cup 161 47 min

Pecan Pie 1 slice 390 113 min

Honey glazed ham 5 oz 283 82 min

Cornbread Stuffing 1/2 cup 170 50 min

Rice Dressing 1 cup 184 54 min

*These numbers are based on typical recipes and can vary based off of ingredients used.

