



Spotlight

“Breasts: What’s the BIG Deal?”

**Tuesday, Nov. 10
6:30 p.m.**

**Merrimack Hall
Performing Arts Center**

Refreshments

*Guest emcee: Abby Kay
Lite 96.9 air personality*

Register by calling 265-8317.

Dr. Libby Shadinger,
*breast imaging specialist at the
Huntsville Hospital Breast
Center, will lead a candid
conversation about breast health.
This event is appropriate for all ages.*

Tips for surviving Thanksgiving

The holidays are upon us, along with the temptation to overstuff ourselves on fattening food. Did you know that the average Thanksgiving meal is equal to 3,000 calories? Given that a pound of fat is equal to 3,500 calories, we eat the equivalent of almost one pound of fat in one meal!

Think **TRIM** — there are ways to enjoy the holiday without gobbling up enough food to make you feel guilty for a week to come.

Treat yourself to an activity – Before and/or after your meal, walk in your neighborhood, or rally your family and friends for a game of football. Keep in mind it’s being together that’s important, and you don’t have to center all your activities around the holiday meal.

Remove some useless calories and fat – Use low fat milk and fat free Cool Whip in desserts. Cut the sugar and fat by 1/3, and you’ll still enjoy the same taste and consistency in your recipes. Lighten up dressing with fat free chicken broth.

Introduce new dishes – Prepare more plain vegetables such as green beans, steamed broccoli or asparagus. Serve fewer casseroles with butter, cream and cheese.

Moderation – Don’t fix as many dishes or as large of portions, and don't let leftovers linger through the weekend and into the next week. Get back on track the next day with your usual diet.

Source: Anna Holland, Huntsville Hospital Wellness Center registered dietitian

Special offer from the Wellness Center: *Turn over a new leaf!* Join in November, get December FREE (up to \$49 value). Call 265-WELL for more information.

Pumpkin Cream Cheese Carrot Bars (healthycooking.suite101.com)

- | | | | |
|--|--------------------------|--------------------------|--------------------------------|
| 4 ounces whipped or low-fat cream cheese | 1 teaspoon cinnamon | 1 teaspoon baking soda | 2 large eggs |
| 1/8 cup orange juice | 1/2 teaspoon nutmeg | 1 cup white sugar | 2 large egg whites |
| 1½ cups all-purpose unbleached flour | 1/2 teaspoon cloves | ½ cup brown sugar | 1 (15-ounce) can pumpkin puree |
| ½ cup whole-wheat pastry flour | 2 teaspoon baking powder | 1/3 cup butter, softened | 1 cup shredded carrots |

Preheat oven to 350. Spray a 9 x 13 pan with nonstick cooking spray. In a small bowl, mix cream cheese and orange juice together. Set aside. Mix flours, cinnamon, nutmeg, cloves, baking powder and baking soda in a small bowl. In a large mixing bowl, cream together white and brown sugars and butter. Beat eggs, egg whites, pumpkin puree and shredded carrots into the sugar-butter mixture. Add dry ingredients, mixing until moistened. Pour into the prepared pan. Using a teaspoon, drop spoonfuls of cream cheese mixture over batter. Swirl with a knife, until you get a marbled effect. Bake for 25-30 minutes. (Makes 36 bars. Per serving: 97 calories, 3 grams total fat.)

Media Sponsors:

