

Slim Down With No-Crust Pumpkin Pie

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Food for Thought

A healthy diet can be difficult to maintain any time of year but once the holiday season rolls around, healthful eating becomes even more difficult. For many, plentiful holiday eating starts with Halloween treats and escalates through December with more and more decadent calorie laden indulgences.

The United States Department of Agriculture (USDA) recommendations for holiday feasting include understanding eating patterns. In fact, USDA dietary patterns show that after we meet our nutritional needs, most people have room for only 150 to 350 total “discretionary calories” (calories from “treats”).

Here are five simple ways to avoid weight gain over the holidays.

1. Don't Go Hungry.

When we come to a meal hungry we tend to overeat.

2. Check Out Your Options.

Take time to assess the offerings. Don't waste calories on items you can enjoy any day of the year, such as dinner rolls.

This holiday season make variety the spice of life. Spice up your holiday table by choosing a variety of types of fruits and vegetables, whole grain and low-fat milk and milk products.

3. Drink Responsibly.

Many holiday beverages consist of a lot of empty calories. Example: water is an accompaniment to a meal; a beverage with calories is part of the meal.

4. Let MyPlate Be Your Guide.

My plate is the new USDA icon used to represent healthy eating, for every meal. MyPlate places emphasis on:

- fat-free and low-fat milk and milk products, including cheese
- low-fat and lean meats, poultry, nuts, seeds, and legumes
- monounsaturated and polyunsaturated fats, such as those found in fish, nuts, and vegetable oils and de-emphasize solid fats, such as butter, margarine, shortening, and lard
- vegetable consumption to include low-fat dips made of pureed or canned vegetables (hummus, black bean salsa etc...)
- *whole grains*: prepare whole grain stuffing, use brown rice or consider using the plethora of NEW varieties of grains sold
- the use of whole fruit in snacking, salads and dessert

5. Enjoy your holiday celebrations.

Sit down, slow down; and savor every bite. Make using fruits, vegetables, whole grains and other nutrient rich foods the center piece of your family celebrations

Have fun promoting healthy family eating anytime.

Low Fat Pumpkin Pie

Prep Time: 15 minutes

Cook Time: 5 minutes

Total Time: 2 hours, 20 minutes

Ingredients:

- 1/4 cup water
- 2 1-ounce envelopes unflavored gelatin
- 1 can (12 oz) fat-free evaporated milk, divided
- 1/2 cup packed brown sugar
- 1 15-ounce can pure pumpkin
- 1 1/2 teaspoons pumpkin pie spice
- 1 tsp vanilla extract

Preparation:

Spray a 9-inch pie plate with nonstick cooking spray.

In a large bowl, sprinkle gelatin in cold water. Allow to stand for 5 minutes.

Pour 1 cup of fat-free evaporated milk into a small saucepan and heat until almost boiling. Remove from heat and whisk into gelatin.

Stir in remaining cup of evaporated milk, sugar, canned pumpkin, spices and extract. Stir until well blended.

Pour pumpkin mixture into pie plate. Refrigerate for at least 2 hours.

The majority of calories in pumpkin pie are found in the pie crust. This makes a great low fat, lower sugar option for a holiday treat.

Sources:

<http://www.ers.usda.gov/Publications/EIB33/EIB33.pdf>

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