

Eye On Health *'tis the season*

Health & Fitness Publication

NEWSLETTER [NOVEMBER EDITION]

November 2009

WHAT'S HAPPENING IN NOVEMBER

FRIDAY, NOVEMBER 27

The Rahming Brothers
Musical Tribute

Sheraton Nassau Beach Resort
 Cable Beach
 Nassau, Bahamas

Part of the proceeds will aid the Salvation Army and the Centre for the Deaf

FRIDAY, DECEMBER 4-6

International Chinese Martial Arts
World Championships

Atlantis Paradise Island Resort
 Nassau, Bahamas

Traditional Kung Fu, Taiji, Modern Wushu, Sanda & Other International Styles

FRIDAY, DECEMBER 5

9th Annual Mark Knowles

Celebrity Tennis Invitational Exhibition

National Tennis Centre
 Queen Elizabeth Sports Centre
 Nassau, Bahamas

Proceeds aid The Cancer Society, the Sassoon (Bahamas) Foundation for Pediatric Heart Care, The Special Olympics, The Association for the Physically Disabled, The Chance Foundation and the Mark Knowles Tennis Scholarship Fund

SUNDAY, DECEMBER 6

Rotary Club of West Nassau
36th Annual Night of Christmas Music

Rainforest Theatre, Crystal Palace
 Wyndham Nassau Resort
 Nassau, Bahamas

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"He who has health, has hope. And he who has hope, has everything."

- Proverb



FOOD OF THE MONTH FENNEL

Fennel is related to coriander, carrots, and dill, and all parts of the plant - bulb, stalk, leaves, and seeds - are edible. Fennel can be eaten raw or cooked. Raw fennel is crunchy in texture (like celery) and **has a taste similar to anise or licorice;** when cooked, the vegetable softens and its flavors become sweeter and milder.

HAVE A GUILT-FREE THANKSGIVING

By Leslie Fink, MS, RD (www.weightwatchers.com)

Go ahead and have a slice of that pumpkin pie! We'll show you how to enjoy your Thanksgiving holiday without feeling as though you're competing with the turkey in the stuffed stakes.

It's important to remember that Thanksgiving is just one day, not a whole week. One large meal won't pile on the pounds. But if you are the type who feels guilty after just one sliver of pie, and uses this slip-up as an excuse to go on a week-long binge, it's time to rethink your strategy. **Make a plan that includes the special foods for which this holiday is known.**

The game plan

Take some time before Thanksgiving to decide which foods you want to enjoy at your meal. It's important to do this before you sit down to eat. Visualize the spread and decide how you'll fill up your plate. Be sure to include your favorite items so that you don't feel deprived and overeat later.

How much of your favorite food satisfies

If you cannot conceive of eating just a small piece of Aunt Millie's famous pumpkin pie, cut out something else to account for the larger slice.

Select once-a-year foods

Choose to eat dishes that are just served on Thanksgiving; avoid those that show up at every meal. After all, do you really want sweet potatoes topped with melted marshmallows plus an ordinary baked spud?

Just say no

Practice creative ways to say "no" in case you get pressured by others to take seconds (or thirds).

There's always tomorrow

If the meal is at your house, remember that there will be plenty of leftovers. If you won't be able to sleep knowing that there's half a pie in the kitchen, freeze leftovers immediately or give your guests doggie bags to take home.

Stop when you're full

Push yourself away from the table when you've had enough. If you're not sitting within arm's length of the biscuits, you'll be less likely to overindulge.

All foods have benefits

Many Thanksgiving foods are packed with nutrients. For example, pumpkin pie is loaded with vitamin A (important for proper vision) and beta-carotene (a potentially powerful antioxidant). Green bean casserole and stuffing contain lots of folic acid (a B vitamin linked to the prevention of birth defects and, possibly, heart disease).

Broaden your focus

Make the holiday about more than just food. Focus on your friends and family and remember what you're thankful for, like wearing a smaller size, more comfortably crossing your legs or feeling more confident about yourself.

MAKING CLASSIC RECIPES LIGHT

By Leslie Fink, MS, RD (www.weightwatchers.com)

If you're hosting dinner or bringing a dish to someone else's house, consider trimming the fat from your recipes. For instance:

- Make your mashed potatoes creamy with naturally low-fat buttermilk instead of butter
- Pour your turkey pan drippings into a large glass bowl and allow it to sit for 5 minutes so you can skim off a layer of fat. Use some of the fat in your gravy, not all
- Slim down your pie by making a light cookie crumb layer instead of a traditional pie crust
- Leave off the top (or bottom) crust instead of using both. Or forget all about the crusts and

bake your pie filling in small ramekins for mini soufflés instead

- Use whole-wheat bread, not white, for stuffing to increase the fiber (not to mention upping its vitamin and mineral profile)

Know your portions

- 1 cup mashed potatoes; the size of your fist
- 3 ounces turkey; the size of a checkbook
- 1/2 cup green bean casserole; the size of an ice cream scope
- 1/4 cup gravy; 4 tablespoons

Enjoy great recipe ideas on reverse!

Nutrition Tidbits for Fennel

One cup of sliced raw fennel contains:

78 Calories, 0.2g Fat, 6.3g Carbs, 1.1g Protein, 2.7g Fiber, Glycemic Index (GI): Low (below 55)

By Sofia Layarda, MPH, RD, www.healthcastle.com

Fennel is a great source of Vitamin C, a powerful antioxidant, as well as fiber, folate, potassium, and manganese. Even though manganese is only found in minuscule amounts in the body, it plays a very important role as an activator of many metabolic enzymes.

When buying fresh fennel, look for firm white bulbs with green stalks and leaves and no flowers. Store them in the refrigerator and use them up within a few days. Although they can be

blanched and frozen, this is not ideal since the vegetable loses a lot of flavor in the process.

Ways to Include More Fennel in Your Diet:

- Add raw sliced fennel to salads or as a sandwich filling
- Serve braised or roasted fennel as a side with seafood dishes
- Add grated fennel to stir-fries, soups, or stews
- Add fennel to your favorite stuffing mix

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Healthy Eats 'tis the season

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STUFFING WITH SAGE & CHIVES

2 Points® Values | 8 Servings

Prep Time: 15 min
Cooking Time: 45 min
Level of Difficulty: Easy

This stuffing is infused with the wonderful flavors of sage and chive. Whole wheat bread adds lots of healthy fiber.

INGREDIENTS

- 1 spray cooking spray
- 12 slices whole-wheat bread, cubed*
- 2 tsp olive oil
- 2 tsp light butter
- 1 cup onion, diced
- 3 medium stalks celery, diced
- 2 tsp dried thyme
- 2 tsp dried sage
- 1/2 tsp table salt
- 1/4 tsp black pepper, freshly ground
- 2 cups canned chicken broth
- 2 Tbsp chives, fresh, chopped

**Leave the bread bag open and somewhat uncovered for 1-2 days (at room temperature) before making the recipe.*

INSTRUCTIONS

Preheat oven to 350°F. Coat a 4-quart shallow baking dish with cooking spray.

Arrange bread cubes on a large ungreased baking sheet in a single layer. Bake until lightly toasted, about 8-10 minutes. Remove bread from oven and set aside; leave oven set to 350°F.

Meanwhile, in a large skillet over medium-high heat, heat oil and butter together for 1 to 2 minutes. Add onion and celery; sauté until soft, about 3 minutes. Add thyme, sage, salt and pepper; stir to coat. Cook until herbs are fragrant, about 1 minute.

Transfer onion mixture to a large mixing bowl. Add bread, broth and chives; toss to combine. Spoon mixture into prepared baking dish and cover with foil; bake 20 minutes. Uncover and bake until top is golden brown, about 15 minutes more.



APRICOT-GLAZED TURKEY & SWEET POTATOES

6 Points® Values | 8 Servings

Prep Time: 10 min
Cooking Time: 55 min
Level of Difficulty: Moderate

Moist turkey breast and spectacular sweet potatoes – a wonderful alternative to roasting a whole bird.

INGREDIENTS

- 2 1/2 pounds sweet potatoes, peeled and cut into bite-sized pieces
- 2 tsp canola oil
- 1/2 tsp table salt, divided
- 1/2 tsp black pepper, freshly ground, divided
- 1/2 cup apricot preserves
- 1 Tbsp Dijon mustard
- 2 pounds boneless, skinless turkey breasts, roast*
- 1/4 cup white wine
- 1/2 cups canned chicken broth

**You might have to buy a 2-pound boneless turkey breast and remove the skin.*

INSTRUCTIONS

Preheat oven to 400°F. Line a large rimmed baking pan with nonstick foil (or coat with cooking spray).

Put potatoes in pan; drizzle with oil. Sprinkle with 1/4 teaspoon each of salt and pepper; toss to coat. Push potatoes to one side of pan, keeping them in a single layer.

INSTRUCTIONS Continued

In a small cup, stir together preserves and mustard until blended; set aside. Sprinkle turkey with remaining 1/4 teaspoon each of salt and pepper. Place turkey on empty side of pan; using back of a spoon, spread 1/4 cup of apricot mixture over turkey.

Place pan in oven and roast for 20 minutes. Remove pan from oven; pour remaining apricot mixture over potatoes and toss to mix and coat.

Roast, tossing potatoes once or twice, until potatoes are cooked and lightly browned and turkey is cooked through, about 25 to 35 minutes more.

Remove potatoes from pan; set aside. Remove turkey to a cutting board and let stand 5 to 10 minutes, loosely covered with aluminum foil, to allow turkey to reabsorb juices (pour any resulting juices back into roasting pan).

Meanwhile, place roasting pan on stove top over high heat. To deglaze pan, add wine and then broth; scrape bottom and sides of pan with a wooden spoon. Bring to a boil and cook until sauce reduces and begins to thicken (alcohol will burn off), about 1 to 2 minutes.



SPICED CARROT SOUP

2 Points® Values | 8 Servings

Prep Time: 15 min
Cooking Time: 4 min
Level of Difficulty: Easy

INGREDIENTS

- 2 tsp canola oil
- 1/4 cup shallots, or red onion, chopped
- 1/2 tsp curry powder
- 1/8 tsp chili powder, chipotle-variety
- 29 oz canned carrots, sliced (undrained)
- 1 cup buttermilk
- 1/4 tsp table salt
- 1/4 tsp black pepper
- 2 tsp fresh lemon juice, divided
- 1/4 cup fat-free sour cream

Note: We use canned carrots because they cut cooking time considerably (you may use fresh carrots though, if you prefer).

INSTRUCTIONS

Heat oil in a medium saucepan; add shallot, curry powder and chili powder. Cook over medium heat until shallot is tender, stirring constantly, about 2 minutes. Add undrained carrots to saucepan.

Pour buttermilk into saucepan and swirl to combine. Add salt, pepper and 1 teaspoon of lemon juice; puree in saucepan using an immersion blender. (Or puree in batches in a blender—careful not to splatter hot liquid). Taste soup and add remaining teaspoon of lemon juice, if desired.

Divide soup among 4 bowls and garnish with sour cream. Yields about 1 cup of soup and 1 tablespoon of sour cream per serving.