

WELLNESS WAYS



UNIVERSITY OF ILLINOIS
EXTENSION

College of Agricultural, Consumer and Environmental Sciences



Ideas For Eating Better For Less

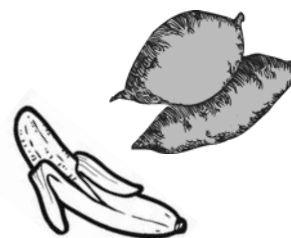
Nutritious Holiday Food Makeovers

- ◆ Roast your turkey with the skin on but remove skin before eating.
- ◆ Remove fat from pan drippings before making gravy.
- ◆ Make whole grain bread dressing/stuffing adding lots of vegetables (onions, celery) and fruit (raisins, cranberries, apricots).
- ◆ Use low fat dressings on your salads and vegetables.
- ◆ Season foods with herbs and spices instead of salt or butter.
- ◆ Serve whole-grain foods. Substitute whole-wheat flour for 1/2 the white flour in recipes.



Sweet Potato Custard* Serves 6.

1 cup mashed, cooked sweet potato	1/2 tsp. salt
1/2 cup mashed banana	1/4 cup raisins
1 cup evaporated skim milk	1 Tbsp. sugar
2 Tbsp. packed brown sugar	1 tsp. ground cinnamon
2 beaten egg yolks	Nonstick spray coating



1. Preheat oven to 300 degrees.
2. In a medium bowl, stir together sweet potato and banana. Add milk, blend well. Add brown sugar, egg yolks, and salt. Mix thoroughly.
3. Spray 1-quart casserole with nonstick spray coating. Place sweet potato mixture in casserole dish.
4. Combine raisins, sugar and cinnamon. Sprinkle over top of potato mixture.
5. Bake in oven for 45-50 minutes or until a knife inserted near center comes out clean.

*Adapted from *Down Home Healthy Cookin'*, NIH, NCI, USDHHS, August 2000.

NUTRITION FACTS (per serving) - Calories 190 ~ fat 5 g ~ calories from fat 40 ~ sodium 250 mg
~ total carbohydrate 33 g ~ fiber 2 g

Don't Spread Germs or Catch Germs From Others. Wash Your Hands!

In December celebrate National Hand Washing Week

- Frequent hand washing is one the best ways to prevent the spread of infectious diseases (ex. colds, hepatitis A, meningitis, infectious diarrhea).
- The most common way to catch a cold is by touching your eyes, nose or mouth with your infected hands.



Always wash properly:

1. Wet your hands with water and apply soap.
2. Rub your hands, scrubbing all surfaces for about 20 seconds.
3. Rinse your hands with clean water and dry with a clean towel.

Winter Crisp* Serves 6.

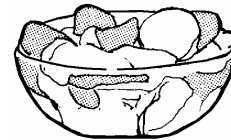
FILLING

- 1/2 cup sugar
- 3 Tbsp. all-purpose flour
- 1 tsp. grated lemon peel (optional)
- 5 cups unpeeled, sliced apples
- 1 cup cranberries or raisins



TOPPING

- 2/3 cup rolled oats
- 1/3 cup packed brown sugar
- 1/4 cup whole wheat flour
- 2 tsp. cinnamon
- 3 Tbsp. margarine, melted



Preheat oven to 375 degrees.

Filling: In a medium bowl, combine sugar, flour, and lemon. Mix well.

Add apples and raisins/cranberries. Stir to mix.

Spoon into a 6-cup baking dish.

Topping: In a small bowl combine oats, brown sugar, flour and cinnamon.

Add melted margarine. Stir to mix.

Sprinkle topping over fruit filling.

Bake in oven for 40 to 50 minutes or until filling is bubbly and top is brown.

*Adapted from *Down Home Healthy Cookin'*, NIH, NCI, USDHHS, August 2000.

NUTRITION FACTS (per serving) - Calories 270 ~ fat 5 g - calories from fat 45 ~ sodium 40 mg
~ total carbohydrate 58 g ~ fiber 5 g



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FAMILY NUTRITION PROGRAM
EXPANDED FOOD AND NUTRITION
EDUCATION PROGRAM

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