

## Avoiding Thanksgiving Weight Gain

Cooking carefully can help avoid that much-feared aftermath of the Thanksgiving Day meal: weight gain. Although you can't eliminate all calories from the feast, you can at least lower the fat content.

Remember to:

- " Use no-fat or reduced calorie substitutes whenever possible.
- " Avoid butter or margarine when cooking vegetables. Instead, place the desired amount of non or low-fat butter substitute directly on your cooked vegetables, allowing it to melt naturally. Do not pre-melt non-fat spreads on the stove or microwave because coagulation may occur.
- " Do not butter-baste the turkey while it is roasting, but rather, brush its skin with vegetable oil to prevent drying.
- " Do not eat the skin, which contains much of the turkey's fat.
- " Use skim milk in mashed potatoes, puddings and sauces.
- " Use substitute sweeteners for desserts, or at least replace half the sugar.