



# HCSF Newsletter

November  
2009

The holiday and hunting seasons are upon us! To help you navigate both we've offered some tasty recipes, tips on how to avoid weight gain and fun activities you can do when the family is all together! Check out our comparison of venison and other ground meats – clip it out and keep it with your coupons for an easy reference when you're out shopping

Ground venison is lower in fat than ground sirloin (about 90 percent lean), ground turkey and even lean ground turkey. But it's not leaner than extra-lean ground turkey.

Three ounces of cooked ground venison equals:

- 159 calories
- 7 g fat
- 83 mg cholesterol



Photo: Venison and butternut squash stew

Venison is also lower in calories, but the amount of cholesterol it contains is comparable to that found in ground beef and ground turkey.

## Be a Savvy Shopper!

Grocery stores offer different types of ground meats with different percentages of lean meat by weight. Look for those labels with the highest percentage of lean meat. Be aware that ground poultry, which may include skin and dark meat, can be as high, or higher in fat than ground beef! Look for the lean or extra-lean variety.

For 3 Ounces Cooked Meat	Calories	Fat (G)
Ground Beef - 70 % Lean	232	16
Ground Chuck - 80 % Lean	204	13
Ground Round - 85 % Lean	193	12
Ground Sirloin - 90 % Lean	175	9
Ground Turkey	220	17
Lean Ground Turkey	170	8
Ground venison	159	7
Extra-Lean Ground Turkey	120	1

## Pumpkin Nut Bread

### Ingredients:

- 1 cup fresh or canned pumpkin
- 2 cups sifted flour
- ½ cup sugar
- 2 eggs
- ½ cup milk
- ¼ applesauce
- 1 teaspoon salt
- ½ teaspoon baking soda
- 1 teaspoon cinnamon
- ½ teaspoons nutmeg
- 2 teaspoons baking powder
- 1 Tablespoon canola or vegetable oil
- 1 cup chopped walnuts (optional)



1. Preheat oven to 350 degrees.
2. Stir together the flour, baking powder, baking soda and spices.
3. In a separate large bowl combine pumpkin, sugar, milk, eggs, applesauce and oil.
4. Add dry ingredients to pumpkin mixture until well blended and mix in chopped nuts (optional).
5. Pour into greased loaf pans ( 9 x 5 x 3).
6. Bake in oven for 45 to 55 minutes.
7. Bread is done when a toothpick comes out clean.

## Gobble Me Up

Having a crowd for Thanksgiving? This is a great way to keep the kids occupied while the final food prep is going on!

### Ingredients:

- Apple
- Pear
- Dried Apricot
- Peanut Butter  
or cream cheese
- Mini chocolate chips
- Nuts (cashew works well)
- Dried cranberry
- Clementine or naval orange



### Instructions:

1. Arrange apple and Clementine or navel orange slices on a plate as shown and lay a cored pear half on top.
2. Use scissors to halve a dried apricot. Then strip small triangles from each half and tuck them under the pear to form the feet.
3. Finally use peanut butter or softened cream cheese to attach mini chocolate chip eyes, a nut beak, and dried cranberry snood.

# Avoid Holiday Weight Gain

## Easy Tips & Tricks

### Walk It Off

Make a new holiday tradition: the family walk. Besides burning some extra calories, this will get everyone away from the food for awhile. Twenty to thirty minutes will get everyone's blood moving and you can check out your neighbor's holiday decorations while you're at it. Just make sure to bundle up!



### Outsmart the Buffet

When food is served buffet-style, use the smallest plate available and don't stack your food; limit your helpings to a single serving. Go for the simplest foods on the buffet and load up on fresh fruits and vegetables. (Just watch out for sauces and dips!) Once you've covered the healthy choices, then move on to some of the less healthy (but yummy) offerings. Pass up peanuts, pretzels, chips, and other everyday snacks. Spend your calories on the special treats you really want. You will be less likely to overindulge on these foods if you have already filled-up on some of the healthier items. But we bet you won't feel deprived or unsatisfied!

### Snack Attack!



When running errands or shopping be sure to pack some healthy snacks to have on-hand for you and the kids. Stash them in your purse, diaper bag or glove compartment. Then after you work-up a big appetite, you won't be tempted to grab something at the mall food court or the fast food restaurant on the way home.

### One a Day

During the holiday season you are often confronted with parties and food gifts at every turn. No one expects you to skip all those treats! Allow yourself one small serving of a cookie or piece of candy each day during the holiday season. Remember that you may have to compensate for it later in the day by reducing your total caloric intake or by burning a few extra calories while exercising. If you aren't confronted with holiday foods that day, just skip your one-a-day – but don't compensate and double-up on your serving the next day. ☺

## Thanksgiving Tag

**Materials Needed:** Three different colored scarves or hats to identify the taggers.



### Scenario:

There are three taggers and everyone else playing is a turkey. The taggers are trying to catch the turkeys so that they can eat them for Thanksgiving dinner, while the turkeys are trying to get away. The turkeys can save themselves by going down on one knee and calling out the name of a food the family eats at Thanksgiving dinner, such as mashed potatoes, wild rice, pumpkin pie, cranberry sauce and so on. If they can do this before they are tagged, they are safe for three seconds before needing to get up and run again. If they are tagged, they must stand on one foot like a turkey, frozen in place until another turkey comes over and gives them a "high five." Continue playing for awhile before choosing new taggers or changing the way the taggers move--- besides running they can skip or gallop or hop.