



## FOR IMMEDIATE RELEASE

**CONTACT: Eileen Monesson**  
**PRCounts, llc**  
**609-570-2150**  
**Emonesson@PRCounts.com**

### Dr. John A. Schmidt, Jr. Suggests 30 Ways to Have a Leaner Thanksgiving

**Belmar, NJ, November 18, 2013** – Thanksgiving is a wonderful holiday to share with family and friends. Unfortunately many people overindulge on their holiday meal and forget to maintain healthy eating habits. According to some estimates, Thanksgiving Dinner can be 3,000 calories or more. You can keep your dinner under 1,000 calories by controlling your portion and making smart choices. Try preparing your plate in quarters of four ounce servings of turkey, vegetables, potatoes and stuffing. Pick steamed vegetables instead of ones made in a cream sauce.

If you are hosting Thanksgiving Dinner, be thoughtful of how you prepare the meal. Many ingredients can be substituted with healthier alternatives. Some examples are:

1. Baste turkey with olive oil or fat-free chicken broth.
2. Use low-fat cheese and cream.
3. Replace fat-free sour cream with plain yogurt.
4. Use olive oil instead of butter, especially in stuffing.
5. Add nuts and fruit to your stuffing instead of meat. Use whole-grain bread, rice pilaf or barley as a substitute for white bread and a low-sodium broth.
6. Use buttermilk or low-fat milk, herbs, and garlic when making mashed potatoes and cut down on the butter and cream.
7. Add flavor with garlic, lemon juice, or a sprinkle of Parmesan instead of cream, butter, and cheese when preparing vegetable dishes.
8. Serve steamed vegetables without a fat-filled cheese sauce.
9. Leave the fried onion topping off of casserole dishes it adds 50 calories to each portion.
10. Prepare brussels sprouts with olive oil and herbs for a healthy side dish. Brussels sprouts are a strong source of vitamin C and phytonutrients which help ward off disease.
11. Make your own cranberry sauce with half of the amount of sugar in the recipe. Fresh cranberries are high in antioxidants. Canned cranberry sauce has a lot of sugar and additives.
12. Use whole-wheat pie crust and low fat or skim milk instead of evaporated milk for pies.
13. Use two egg whites in place of an egg when baking. Eggs yolks have a high amount of cholesterol.
14. Serve frozen yogurt instead of ice-cream with pies.
15. Serve champagne or sparkling wine instead of eggnog to save 100 calories per serving.



Meaningful Medicine in Your Medical Home

Eating too much of the delicious food served at Thanksgiving Dinner can be avoided by having breakfast, taking smaller portions and skipping seconds. You should consider running or walking prior to and after dinner. The following tips can guide you to have a leaner meal:

1. Avoid eating turkey skin to save 45-63 calories.
2. Eat dark meat instead of light meat to save 30 calories. If you take a drum stick instead of sliced meat you will fill up your plate and have less meat to eat.
3. Watch how much gravy you use. It will add about 20 calories per ounce to your meal.
4. Refrain from taking a serving of ham. It is fatty and can account for 25% of your recommended amount of artery-clogging saturated fat in one serving.
5. Limit your selection of items with a high fat content.
6. Take small portions of any side dish made with cheese, sour cream, and butter.
7. Do not put butter on your corn bread. One pat of butter will add 30 calories to the meal. Rolls and breads are fillers. Avoid eating them.
8. Take a side of sweet potatoes instead of mashed potatoes. Sweet potatoes have more fiber and will help your digestive system and have potassium which is good for your heart.
9. Keep your serving of sweet potato casserole to a 1/2 cup to avoid eating too much sugar.
10. Avoid a la mode pie to save 250 calories.
11. Avoid whipped cream on your pie to save 80 calories.
12. Do not eat the pie crust.
13. Take a small slice of each pie instead of a full portion.
14. Drink water instead of apple cider, soda, wine or beer.
15. Eat slowly and enjoy your family.

###

### About John A. Schmidt, Jr., MD

Dr. Schmidt received his pre-medical education from St. Joseph's University, where he graduated *magna cum laude* and was co-recipient of the Biology Prize. His Medical Degree is from the University of Pennsylvania School of Medicine. Dr. Schmidt interned and completed his residency in Internal Medicine at the Hospital of the University of Pennsylvania. He then studied for five years at the National Institutes of Health in Bethesda, Maryland, first as an officer in the Public Health Service working in the National Institute of Allergy and Infectious Diseases; and then as a Fellow of the Arthritis Foundation in the National Heart Lung and Blood Institute. More information on his practice is available at [www.SchmidtMD.com](http://www.SchmidtMD.com). Dr. Schmidt can be contacted at (732) 282-8166 or [johnschmidt@SchmidtMD.com](mailto:johnschmidt@SchmidtMD.com). His office is located at 709 Seventh Avenue in Belmar, NJ.