

Get Healthy Queens!™



Healthy Holiday Eating Tips

Holidays and family gatherings are a time for celebration that often involve foods that are high in fat, sugar and calories and low in nutrition. With a few minor changes, special occasion foods can be both delicious and nutritious. Following are some simple tips for healthy holiday eating.

Dairy Products—Use skimmed milk and other low or no fat dairy products in your recipes whenever possible. Also, choose low fat cheeses and cheese spreads.

Meat Dishes—Choose leaner cuts of meat whenever possible. Turkey is one of the leanest types of meat and, in general, white meat is leaner than dark. So, choose breast meat of a chicken or turkey rather than the drumstick.

Vegetables—Most vegetables contain little or no fat. It is what we add to them that increases fat content. Avoid smothering your vegetables with thick cream sauces or butter.

Stuffing—If your stuffing recipe calls for meat or giblets, replace half of the meat with dried fruits such as cranberries, raisins or apricots. Cook stuffing in a casserole rather than inside of poultry or a roast to reduce the amount of fat.

Gravy—Make gravy from a low fat broth rather than poultry or meat drippings to reduce fat. If the recipe calls for milk, make sure to use skim milk.

Cranberry Sauce—Cranberries are an excellent source of Vitamin C, but much of the Vitamin C content is lost in the canning process. Try making homemade cranberry sauce instead, which is easy to prepare and higher in nutrients.

Dessert—What is a holiday feast without dessert? Some healthier dessert options include angel food cake served with fruit such as strawberries or raspberries, or pumpkin pie made with evaporated skim milk and a low fat topping.

Bon Appetit!

NOVEMBER Health & Wellness Events

7 Wednesday, 3:00 PM-5:00 PM
Venous Screening Day
 Pinkus Szuchmacher, MD
 Registration Required. Call 1-800-Your-MDS
 Mount Sinai Queens Physician Associates
 27-15 30th Avenue, Long Island City

8 Thursday, 3:00 PM
Protecting Yourself For World Travel
 Chirag Vasa, MD
 Refreshments will be served
 Registration Required. Call 1-800-Your-MDS
 Mount Sinai Hospital of Queens
 Patient Resource Room, 1st Floor
 25-10 30th Avenue, Long Island City

13 Tuesday, 2:00 PM
Managing & Testing Lower Back Pain With Surgery
 Chun Siang Chen, MD
 Space is limited
 Registration Required. Call 1-800-Your-MDS
 Mount Sinai Hospital of Queens
 Patient Resource Room, 1st Floor
 25-10 30th Avenue, Long Island City

*Wishing You And Your Family
 A Happy, Healthy Thanksgiving!*

28 Wednesday, 3:00 PM-6:00 PM
Breast Cancer Screening & Education
 George Tsioulis, MD, PhD
 Co-sponsored with
 Queens Breast Health Partnership
 with support from SHAREing & CAREing
 By Appointment Only. Call 718-274-0365
 No charge to eligible patients
 Mount Sinai Queens Physician Associates
 27-15 30th Avenue, Long Island City

29 Thursday, 11:30 AM-1:00 PM
Prostate Surgery: Factors That Influence Outcomes
 Steven Tillem, MD
 Lunch will be served
 Registration Required. Call 1-800-Your-MDS
 Crescent Tower, Community Room
 23-22 30th Road, Long Island City

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FOR A PHYSICIAN REFERRAL, CALL: 1.800.YOUR.MDS OR VISIT: WWW.MSHQ.ORG