

Plump As A Turkey Or Trim As A Tree?

5 easy Tips to Triumph over Turkey Day and keep your waistline in line throughout the Holiday Season..

1. You don't have to pass on your favorite dishes but you must limit the amount you do take. If you can't go without Grandma's stuffing then skip the 4 dinner rolls you normally eat. Don't ignore your cravings! Giving your body a little of what it wants is better than withholding until you give in and then binging by eating more than you can chew and more than your belt will hold. If you moderate your portions wisely you can enjoy all of your favorite Holiday dishes (without the guilt afterwards).

2. Skip the "I will save myself until the BIG meal" Lie. If you tell yourself you are being "good" by not eating all day until the big meal, you are actually making it much worse for yourself. You will end up feeling so starved that you will overeat, and all portions and moderation will be out the window. Instead, try eating a good breakfast with protein and a light lunch like veggies and salad. You'll feel much better and be able to enjoy all of the goodies without losing control.

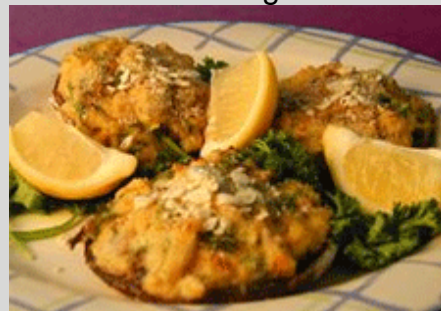
3. Make like a Reindeer and Prance - Stay moving and active. Find little ways to work some extra exercise into your schedule. Park farther away from the grocery store, dance to Christmas music while cleaning the house, or wrap presents standing up - all fun ways to enjoy the Holiday season while getting a little extra exercise. Another great way to get into the spirit of exercise is by planning a trip to the mall with a close buddy. You can walk up and down enjoying the stores holiday decorations and getting in the cheer of things. You will hardly notice the workout. Don't forget to skip on the escalator and use the stairs!

4. Avoid too much Christmas "Spirit". Wines, Beer and Booze all help add to bulge. Think the term "beer

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Crab-Stuffed Portobello Mushrooms

Dress up the table with something other than turkey this season. This Italian dish is big on taste and light on calories.



Serves 4

4-4 inch
Portobello mushrooms
2-6oz cans crab meat
1/3 cup finely chopped green onions
1 clove garlic, minced
1/4 cup olive oil
1/2 cup fine dry bread crumbs
1/2 cup grated Romano or Parmesan cheese
1Tbsp. dry white wine
1/2 tsp. oregano
salt and pepper to taste
1/2 cup chicken broth

Rinse mushrooms, remove stems and pat dry. Chop stems and saute along with onions and garlic in olive oil. Add wine, bread crumbs, cheese, oregano, salt and pepper. Remove from heat and mix in crab meat. Brush mushroom caps with olive oil and place mushroom caps in a shallow oven pan. Fill with stuffing mixture and add broth to pan. Cook at 350° until tender, 10-15 minutes. Garnish with cheese.

belly". And with more family and friend get-togethers, chances are your cup will runneth over. Avoid this for 2 reasons - 1. Drinking adds tons of empty calories you will already be getting from Aunt Martha's Apple Pies and Mom's Sweet Potatoes and Marshmallows. Save your calories for the food. 2. Over-drinking also kills your determination (think "binge eating") and ruins your inhibitions to say "no" to that 3rd helping of dessert.

5. The Mind Has It - Have a Plan! And stick to it! But if you don't- Don't beat yourself up. The plan can be revised as you go throughout the Holiday months but the important thing is to have one. If you have no plan, it's easier for the weight to catch up to you and the lazy attitude of no diet and exercise will be harder to kick in the New Year. Instead, practice healthy habits throughout the Holiday season. Having a plan will keep you focused, whether it's keeping a food journal or scheduling a daily walk around the block with the dog. Put it on your fridge to serve as a continual reminder.

Holiday Cactus

The Holiday Cacti or Cyclamen are great alternatives to the traditional poinsettia. These plants offer colorful holiday blooms, plus you can enjoy them all year 'round.

The Holiday Cactus, also known as the Thanksgiving Cactus (*Schlumbergera truncata*) or the Christmas Cactus (*Schlumbergera*), can be bought during the holiday season already in bloom. It should sit in indirect sunlight, in regular indoor temperatures. Keep the soil moist and fertilize weekly.



To get last year's cactus to bloom, leave it at night at temperatures around 55 degrees while the plant is beginning to flower. If you can't store them at that temperature, don't worry. They will flower with 12 to 13 hours of darkness each night. One trick is to lay black plastic over the plant when the lights are on.

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Portable Generators Can "Kill You in Minutes"

by Broderick Perkins

After Hurricane Katrina left much of the Gulf Coast in the dark last year, a dozen deaths and scores of carbon monoxide (CO) poisonings were blamed on portable gas-fired generators in the hands of those unfamiliar with their proper use.

At least 222 Americans died from generator-linked carbon-monoxide poisoning from 2000 through 2005, according to the Consumer Product Safety Commission, and 64 of those deaths occurred last year alone. Many of them happened during power outages in the wake of hurricanes and other weather emergencies when people typically use a generator.

More and more often people are using portable generators for the first time under stressful, emergency conditions and that can cause them to use the otherwise helpful appliances in an unsafe manner.

Given harsh, sudden and changing weather patterns that create a run on the potentially deadly appliance, the commission is seeking a rule to require manufacturers to label their products with stern warnings that include the statement "Using generators indoors will KILL YOU IN MINUTES".

Gas-fired portable generators exhaust killer levels of odorless, invisible carbon monoxide and should never be used indoors, in enclosed spaces or even outside near open windows, doors or vents.

The proposed red and black label, emblazoned with international symbol-like pictograms showing where not to use generators, also includes the statements: "Exhaust contains carbon monoxide, a poison gas you cannot see or smell. NEVER use in the home or in partly enclosed areas such as garages. ONLY use outdoors and far from open windows, doors and vents."

The commission says that current warning labels -- largely text-based "CAUTION" warnings -- are ambiguous and don't adequately advise users how to avoid CO poisoning.

