



Christmas Dinner at Aunt Junie May's House

Holiday meal celebrations are fun but also a time that we have to make choices about the food we eat...

Each year your family is invited for Christmas dinner at Aunt Junie May's house. What would you do in these situations? Answer the following questions.

1. On Christmas day, Aunt Junie May offers you some Cranberry Punch. "I'm on a diet" she says, "so I'm using that sweetener, Nutrasweet". What do you do? _____



2. Aunt Junie May has a special stuffing recipe that she prepares every year at Christmas. Use the Food List to look up the mg phe in each ingredient:

	mg phe
2 slices whole wheat bread, toasted and cubed	_____
1 cup Swanson chicken broth	_____
2 cups chopped onion	_____
1/4 cup raisins	_____
2 apples, chopped	_____
2 eggs	_____
seasonings (salt and pepper)	_____

List the high phe ingredients. Which ingredients would you change in the recipe to make it lower in phe?

HIGH PHE INGREDIENTS

SUBSTITUTE



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3. Dinner at Aunt Junie May's consists of the following menu:

- Turkey
- Stuffing (which you made)
- Cranberry sauce
- Carrots
- Apple Juice
- Dinner Rolls
- Green Salad
- Mashed Potatoes and Gravy
- Cauliflower with cheese sauce on the side
- Fruit salad with Cool whip topping

What could you do to help stick to your diet? Circle the "Yes" foods (low in phe). Draw a line through the "No" foods (high in phe).

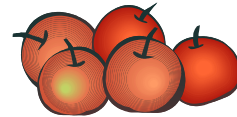
What foods do you need more information about?

4. This year, some of the relatives suggest a potluck at Aunt Junie May's. Aunt Fanny calls you up and says, "I'll bring a low calorie dessert, baked apples with meringue topping. Is this OK for your diet?" She gives you the following recipe:

Apple, cut in half and remove the core
Fill center with crunchy topping as follows:

Topping:

- Flour
- Butter
- Nutrasweet



- Top with whipped egg whites
- Sprinkle with cinnamon
- Bake

What should Aunt Fanny change? How would you suggest she change the recipe for you?

HIGH PHE FOODS

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5. Aunt Junie May always makes a cheese and vegetable casserole. Because Uncle Lou is watching his salt, he cannot have cheese. He offers to bring the vegetable. What might you suggest he bring?

6. You are going to bring the pumpkin pie. This is the standard recipe. Use the Food List to look up the mg phe in each ingredient:



CRUST

- 2 cups all-purpose (white) flour
- 1 cup vegetable shortening (Crisco)
- 1/4 cup water

mg phe

FILLING

- 1 cup mashed pumpkin
- 2 cups milk (2%)
- 2 eggs
- Nutmeg

How would you change the recipe to make it lower in phe?

HIGH PHE FOODS

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