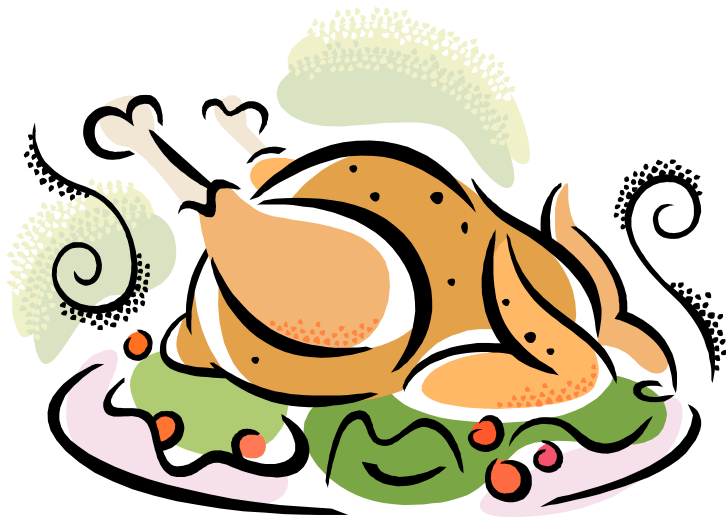


Tips for Holiday Eating!



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Marcie enjoys working with patients and their families to help modify diets and assist with long term nutrition plans.

When the air starts to feel crisp and the leaves change colors, Autumn has arrived. With the change in seasons, we are quickly reminded that the holidays are around the corner. Many families celebrate Thanksgiving by reflecting on their blessings and eating a gluttonous turkey dinner with all the trimmings. Most people look for ways to decrease the amount of sugar, fat, and calories in their holiday meal, but people living with ALS (PALS) are encouraged to indulge in these high calorie holiday treats! So eat up, and Happy Thanksgiving!

Nutrition Information per serving

Dark turkey meat w/gravy	340 cal. 11 g. fat
Stuffing	165 cal. 4 g. fat
Sweet potato casserole	250 cal. 5 g. fat
Mashed potatoes	210 cal. 8 g. fat
Buttermilk biscuits	220 cal. 14 g. fat
Creamed spinach	150 cal. 10 g. fat
Green bean casserole	110 cal. 8 g. fat
Pumpkin pie	260 cal. 11 g. fat
Apple pie	320 cal. 14 g. fat
Cheesecake	520 cal. 35 g. fat

Get the most calories out of your meal!

- ✕ Add butter, oil, or heavy cream to sauce, gravy, mashed potatoes, or creamed spinach
- ✕ Try eggnog with dinner
- ✕ Add butter or jelly to biscuits and muffins
- ✕ Enjoy your company, feel relaxed, and take your time while eating
- ✕ Eat small portions; take small bites and sips
- ✕ Modify food texture for safety