

# FIT<sup>ATIONAL</sup>

## Happy Thanksgiving

Simple Christian prayers offer comfort and strength to those believers seeking to improve their eating



Adopting healthy eating habits can be time-consuming, expensive, and scary. Old, fatty foods are tasty and familiar, while fresh fruits, whole grains, and low-fat meats can be an acquired taste.

Whether one wants to eat healthy to improve health or to lose weight, prayer can ease the transition of a Christian and his/her family as they chose a healthy diet. The following prayers — prayer for trying new foods, prayer for choosing healthy foods, blessing to change eating habits, and thanksgiving for healthy eating — can provide great support for religious individuals who are seeking to eat healthy.

### Blessing to Change Eating Habits

As a religious individual or family begins to adopt a healthy diet, they may seek God's guidance throughout this change. The following blessing invites God to strengthen and protect those struggling to eat a healthier diet:

"God, You know I'm changing my diet because of [insert reason for eating healthy such as "poor health," "feeling tired," or other reasons] Please guide me and my family as we make healthy choices, be patient with us when food tastes new and different, and grant us discipline to stick to this new routine. Bless us and our new food choices, to the honor of Your name. Amen."

The individual may offer this prayer with a supportive friend as he/she begins a healthy eating program. The family changing eating habits may also offer this prayer as a family before beginning healthy eating.

### Reduce Your Risk as a Vegetarian



Vegetarianism has been a trend across culture lines lately. The idea to transform your diet from meat (protein) based to vegetable based is not such a bad idea. Most animal products naturally contain saturated fat and cholesterol, which can contribute to increased risk for heart disease and many other conditions. Research has proven that vegetarian lifestyles lead to decreased risk for type 2 diabetes, heart disease, high blood pressure, obesity and some forms of cancer. Once you determine how committed you are to making the change, identify foods and recipes that will fit into your lifestyle and habits. First, consider the different types of vegetarianism to determine how well you can comply with the change.

- **Vegan** – Those who avoid all animal products. Diet consists of all vegetables and any soy-protein alternatives, such as veggie burgers, hot dogs, soymilk, and tofu

- **Lacto-Ovo Vegetarian** – Those who consume dairy products (eggs, milk, cheese) in addition to plant products.

- **Semi-Vegetarian** – Those who consume fish and shellfish in addition to plant products. In our culture and soci-

ety, we typically consider meat to be the main dish at all of our meals. When converting to vegetarianism, vegetables should serve as the largest part of your meal. With so many meat alternatives and products to liven up your veggies, you can still obtain all of the nutrients necessary to meet all of the dietary requirements for protein, iron, and vitamin B12. It is important to incorporate a variety of protein sources to provide the necessary amount of protein needed for daily function in our bodies. Try using canned beans as a replacement for ground meats in soups, stews, and casseroles. You can also try soy crumbles, which look, taste, and feel like ground meat. These products can usually be found in the freezer section of any grocery store and usually cost anywhere from \$2.50-\$4.00 per package which can be used for several meals. We must remember that even though a food does not contain animal products, it may not be the most healthy food option. It is always important to read labels, even on products marketed as vegetarian. These foods may contain more calories and fat to enhance the taste. When choosing foods for your daily meal planning, start by removing the high fat, high calorie meat, such as sausage, bacon, and high fat ground beef. For example, instead of having a ground beef burger, try a vegetable based "flame-grilled" patty with reduced-fat cheese. e meat products until you have comfortably made the change and are experiencing the health benefits associated with becoming vegetarian.



## Announcements

### THANKSGIVING OUTREACH

**Thursday, November 26, 2009**



Thanksgiving Outreach is designed primarily as a spiritual means for leading souls to Christ as we provide a meal to those in need. Please volunteer by signing up in the Narthax after each service. The meal will be served on Thanksgiving Day, November 26, 2009 from 6:00 a.m. - 2:00 p.m., at 1518 Beaumont Street in the Downtown area

### ADULT CO-ED BOWLING LEAGUE RECRUITMENT

**@ Redbird Lanes in Duncanville, TX  
Thursday's at 6:00 p.m. each week**

All skill levels welcome \* must be 18 years of age or older. Please sign up at the Sports and Recreation table after each service. For more information please call us at 972228-7235 or email us at [sports@friendshipwest.org](mailto:sports@friendshipwest.org)

### Annual Angel Tree Fellowship

Our Angel Tree Fellowship will be held **Friday, December 18, 2009 at 6:45 pm** Reach out to the children of inmates and their families with the love of Christ by providing gifts on behalf of the inmates to their children. We seek to transform the lives of these families and to reconcile them to their Heavenly Father and each other. Sign up to donate gifts in the Narthex beginning November 15, 2009 before and/or after each service.

## Healthy Holiday Eating Tips for Thanksgiving

**If you are a guest of a Thanksgiving dinner:**

**Don't go to the Thanksgiving dinner hungry:** we often eat faster and more when we are hungry - therefore eat a wholesome breakfast and lunch on the day to avoid overeating at dinner time.

**Thanksgiving dinner is not an all-you-can-eat buffet:** Fill your plate half with vegetables, one quarter with a lean meat and the rest with a starch of your choice. Eat slowly and stop when you are full.

**Turkey - go skinless:** choose your 4-oz turkey portion skinless to slash away some **fat** and **cholesterol**. Save your appetite for the side dishes and desserts.

**Side Dishes - watch your portion size:** go for smaller portions. This way you can sample all the different foods. Moderation is always the key.

**Make a conscious choice to limit high fat items:** high fat food items can be found in fried and creamy dishes as well as cheese-filled casseroles in a traditional Thanksgiving meal. For instance, mashed potatoes are usually made with butter and milk; green bean casseroles are often prepared with cream of mushroom soup, cheese and milk and topped with fried onions; candied yams are loaded with cream, sugar and marshmallows. If you cannot control the ingredients that go in to a dish, simply limit yourself to a smaller helping size. Again moderation is the key.

**Drink plenty of water:** alcohol and coffee can dehydrate your body. Drink calorie-free water to help fill up your stomach and keep you hydrated.

**If you are the honorable chef of a Thanksgiving dinner:**

**Substitute** high fat ingredients with lower-fat or fat-free ingredients. Learn about the [5 easy steps to recipe substitutions](#) or see table below.

**Leftover Turkey?** Instead of turkey sandwiches, use the leftover turkey to make a pot of soup with fresh chunky vegetables.