

Stay Healthy During the Holidays with these Tips from a Georgia Southern Nutritionist

NOVEMBER 21, 2014



Nutritionist Rebecca Larson

With comforting side dishes, tempting sweets and yummy leftovers, the holidays are an easy time of year to overindulge. But what if you're trying to stay healthy this holiday season by watching your eating habits? Rebecca Larson, MS, RD, our faculty expert in nutrition, weighs in on how to keep your health goals in check this Thanksgiving and holiday season.

What can I do to avoid overindulging during Thanksgiving?

- Be reasonable with portion sizes. Our eyes are often bigger than our stomachs, so take small portions the first round. If you're still hungry, seconds are okay.
- Don't start out hungry. Try to stick with your regular eating habits before the big meal. If we're hungry it's easier to overeat.

- Don't feel obligated to try everything. Be choosy and eat your holiday favorites that you can't enjoy all year round.

What if I do overindulge during the big meal?

- Try to follow your usual exercise routine. If this is difficult, then at least get out for some fresh air.
- Don't forget to hydrate. Drink plenty of water and limit your calories from what you drink.
- Relax! Don't put the pressure of obligations and expectations on yourself. Do what you need to do to stay healthy.

What are some ingredients I can substitute in classic dishes or desserts to make them healthier?

In baking recipes:

- Decrease the butter. Just decreasing the amount of butter or fat called for in a cookie or muffin recipe by 25 percent usually will not significantly change the quality or taste of the recipe.
- Substitute purees. Use applesauce, pumpkin puree or other purees made from bananas, apricots or cherries, in place of some or all the butter, or in place of the sugar.
- Mix flours. Use a mixture of whole wheat and white flours, or if you like a more earthy flavor, then use all whole wheat flour.
- Substitute nuts. While nuts are higher in kcals and fats, they do have other health benefits. Using these in place of chocolate or other candy is helpful. Or, substitute with dried fruit like cherries, cranberries or dried apricots.
- Limit added fat and sugar. Use spices, extracts and other ingredients like cinnamon, lemon, vanilla, orange, almond, nutmeg and cloves to bring out the flavor while limiting the added fat and sugar.

When cooking:

- Reduce fat and focus on flavor: Reduce the fat by adding vegetable stock or reduced fat or skim milk to help reduce the use of heavy cream or whole milk; adding herbs and spices; roasting, grilling, baking or steaming rather than deep frying.

Fried turkey is delicious—but is it really that bad for you?

- Frying does increase the calories and fat content of the turkey somewhat, but the key is to be sure the temperature of the oil is hot enough, 350 degrees Fahrenheit. This prevents more oil from seeping in during frying. Less than 340 degrees Fahrenheit creates a greasy bird, significantly increasing calories and fat content.

I am bringing a dish to my family's event. What are some healthier options?

- Thanksgiving usually has plenty of heavy foods, so I like to bring something light, fresh and simple. Sliced fresh fruit like apples, oranges and pomegranate are all in season and really delicious at this time of year. They are a nice break from all the other heavy dishes.

Larson also recommends these recipes:

[Pear Salad with Walnuts and Goat Cheese](#)

[Garden Caprese Salad](#)

[Fresh vegetables and hummus](#)

But the most important reminder Larson can offer is to spend time with loved ones. "I think the most important thing to remember is holidays are about relationships with people. Sometimes we can get caught up in making food the center of attention during the holidays, but we should shift our focus to spending quality time with people we care about."

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Dr. Brian DeLoach Urges Campus to Travel with Caution this Holiday Season

NOVEMBER 24, 2014



Medical Director of Georgia Southern University Dr. Brian DeLoach

The holiday season is upon us, and for many, that means lots of travel. University officials continue to closely monitor the Ebola crisis currently involving the West African region. The Centers for Disease Control (CDC) and U.S. State Department have travel warnings in place for some specific areas, and Medical Director of Georgia Southern University Health Services Brian DeLoach, M.D., weighs in:

In accordance with federal warnings, students, faculty, and staff traveling over break are strongly advised to avoid travel to Sierra Leone, Guinea,

Liberia and Mali.

However, if you must travel to one of these countries, or if you interact with individuals or family members who have traveled from one of these countries, you should notify Georgia Southern University Student Health Services immediately upon returning to campus.

Please monitor CDC travel warnings and apply this message to all countries to which CDC has posted travel warnings or alerts due to the Ebola crisis.

More information for travelers can be found by visiting the [Centers for Disease Control and Prevention website](#).

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Thanksgiving Break Hours of Operation

NOVEMBER 24, 2014

Thanksgiving Break Hours of Operation

In recognition of the Thanksgiving holidays, several departments have special hours. Please visit the websites below for specific, individual hours of operation during Thanksgiving Week, Monday, Nov. 24 – Sunday, Nov. 30.

[CRI/Recreation Activity Center](#)

[Eagle Dining Services](#)

[Henderson Library](#)

[Russell Union](#)

The University is closed Thursday, Nov. 27 and Friday, Nov. 28.

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U.S. National Tick Collection Temporarily Closed

NOVEMBER 17, 2014

[The U.S. National Tick Collection \(USNTC\)](#) is currently closed to tours and visitors as it prepares to expand into newly-acquired space in the Math/Physics Building at Georgia Southern University. The facilities in the Math/Physics Building, currently under renovation, represent a significant upgrade for this extensive and important collection by providing more space for specimens, storage and research, as well as improved fire protection.

While the renovations and move should be completed sometime during the Spring 2015 semester, the staff of the USNTC will make every effort to accommodate loan requests during the transition. We apologize for any inconvenience this may cause, but ask you to be on the look-out as we announce our grand re-opening in the spring.

The USNTC is the largest continuously curated tick collection in the World with over a million specimens and about one-third of the World's primary tick types. Its taxonomic breadth is enormous, including 96% of recognized tick species (approx. 900 spp.) and all U.S. tick species.

The USNTC has a remarkable history that began in 1905 at the Rocky Mountain Laboratory in Hamilton, Montana, where H.T. Ricketts discovered the role of ticks in the transmission of Rocky Mountain spotted fever. Investigations into the transmission cycle of the disease intensified and involved extensive tick collecting. These ticks were deposited at the newly created Rocky Mountain Lab and constituted the initial core of the USNTC. The collection was donated to the Smithsonian Institution's National Museum of Natural History in 1983. In 1990 the collection moved to Georgia Southern University on a long-term enhancement loan from the Smithsonian Institution and it has remained at Georgia Southern University ever since.

For questions, please contact:

Daniel Gleason

Director, James H. Oliver, Jr., Institute for Coastal Plain Science

dgleason@georgiasouthern.edu

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