

Healthy holiday eating
Broadcast Version
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INTRO:

AS DINNER PLATES GET FILLED THIS HOLIDAY SEASON – IT’S IMPORTANT TO DECIDE WHAT TO... AND WHAT **NOT** TO ADD TO YOUR MEAL. HEALTH EXPERTS SAY MODERATION IS KEY.

TAKE VO

SURROUNDED BY HOLIDAY STAPLES LIKE TURKEY – CASSEROLES – STUFFING AND MORE... IT’S AN EASY TIME TO OVEREAT AND BREAK ANY HEALTHY EATING HABITS. SARA UMPHFLEET **(UMM-FLEET)** ... A REGISTERED DIETITIAN WITH OSF HEALTHCARE... SAYS THAT TO AVOID OVEREATING... YOUR FOOD CHOICES NEED TO BEGIN IN THE MORNING. HAVE A BALANCED BREAKFAST WITH PROTEIN... CARBS... AND FRUIT. THEN SHE RECOMMENDS HAVING A SNACK IF YOU KNOW YOU’LL BE EATING A FULL THANKSGIVING MEAL SOON. BUT THE BATTLE FOR HEALTHY EATING DOESN’T STOP AT THE END OF YOUR THANKSGIVING FEAST. NOW YOU HAVE A NEW PROBLEM ON YOUR HANDS – LEFTOVERS. WHILE YOU MAY USUALLY USE THE EYE AND SMELL TEST FOR LEFTOVERS IN THE FRIDGE... THERE ARE SOME SAFETY TIPS TO KEEP IN MIND.

TAKE SOT

“It’s very important that leftovers should only be saved roughly three to four days. They need to be cooked to a minimum internal temperature of 165 degrees,” Umphfleet says. “One in 6 Americans each year get food borne illness or food poisoning according to the Centers for Disease Control and Prevention (CDC).”

VO TAG

THE HOLIDAYS ARE ALSO A COMMON TIME FOR KITCHEN FIRES. FOR THANKSGIVING – YOU MAY BE USING THE STOVE... MICROWAVE AND OVEN SIMULTANEOUSLY. UMPHFLEET SAYS WITH STOVETOP FIRES... YOU’LL WANT TO TAKE A LID AND COVER THE FIRE... AND TURN THE STOVETOP OFF. ALSO – DON’T HAVE MISCELLEANOUS ITEMS HANGING AROUND THE STOVE OR OVEN WHILE YOU’RE COOKING. IF YOU HAVE AN OVEN OR MICROWAVE FIRE – TURN THEM OFF AND KEEP THE DOOR CLOSED UNTIL THE FIRE GOES OUT. IF IT DOESN’T GO OUT – CALL 9-1-1 AND LEAVE YOUR HOME.