

Thrive Across America**healthwörks**
by KAISER PERMANENTE.

A slice of pie



Nothing says holiday dessert like pie. But as each flaky bite tempts your taste buds, calories threaten your waistline. Fortunately, some simple modifications can slim down your favorite pastries and pep up their nutrition. This Thanksgiving, have your pie and eat it too with these tips:

- *All in the crumbs.* Traditional crusts are often made of lard, margarine, or butter and refined white flour. Go with heart-healthy oils like canola or olive instead, and don't be afraid to skimp a little. Applesauce can also replace oil and butter in your pie crust recipe. Opt for whole wheat, brown rice, or oat flour crusts to increase fiber and whole grains. Many of the healthy cereals at your local grocery store make wonderful pie crusts. Have fun experimenting before Thanksgiving. Finally, choose recipes that call for one crust instead of two and you'll shave off around 120 calories per slice.
- *An inside job.* Many fillings start out nutritionally sound but turn into high-calorie savages. Retain the natural nutrients of classic contents like pumpkin, or sweet potato by shopping in your produce section and not in the canned food aisle. Consider reducing the amount of sugar by half or leaving it out all together. Applesauce is an excellent substitute for butter. For berry or apple pies, replace the sugar syrups with 100 percent fruit juice.

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