Fit For Sisters

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Columnist

Eat better, but enjoy bounty this Thanksgiving

Thanksgiving is synonymous with outlandish calorie consumption and gluttony, kicking off the holiday season of indulgence.

According to Registered Dietician Tara Gidus of *Shape Magazine*, a traditional Thanksgiving meal of turkey, mashed potatoes, casserole, stuffing, rolls, pecan pie, and a glass of wine, will contain around 2,400 calories. This is only considering one helping of each.

Thanksgiving is a time to relish the foods that should be enjoyed but once a year, but as many know this meal often begins the season of relentless eating. Take the time this year to be thoughtful of some easy ways to reduce the amounts eaten, the calories consumed — all the while being in the comfort and company of family and friends.

The first thing to consider is knowing how much you ought to eat vs. how much you *want* to eat. Often there is a discrepancy, and the latter leads to the haze of carbohydrate-coma on the couch, with lethargy and an upset stomach. Don't become a victim; start with smaller portions, eat them slowly, engage in table conversation, and make the moment last. The reason why Thanksgiving is so important to our culture is partly food, partly the company. Know that the moment is what brings the most satisfaction and make it last.

If you are looking to fill up on Thanksgiving delights and not eat as many calories, look to doubling up on the protein-rich turkey meat and skimp on starchy carbohydrates. Protein offers high satiety (fullness feeling) and will not lead to an insulin spike which can lead to hunger later. Another tip is to go light on high-calorie gravy, butter, and salad dressings. Double the helping of green beans and half the helping of mashed potatoes. Mashed potatoes and gravy has almost 2.5 times the calories.

Lastly, use the psychological trick of smaller plates, glassware, and serving vessels. Thanksgiving is all about abundance, and if someone is trying to keep their dietary integrity, resentment ensues shortly after one looks down at a half-full plate. Use a slightly smaller plate, fill it up, and enjoy the abundance. It's been proven that a smaller plate full vs. a larger plate (with just as much food) half-full will have an effect on mealtime satisfaction in favor of the smaller plate.

Thanksgiving can and should be enjoyed by all. Know that it will be indulgent, know that people will eat way too much. They'll likely feel lethargic afterwards and blame it on the turkey. Know, however, that having a good time with family and friends, enjoying a once-in-a-year dish does not need to divert you from the dietary lifestyle you have subscribed to as a healthy person.

Happy Thanksgiving to all!

Mapping forest pollinator research

By Steve Lundeberg
Correspondent

CORVALLIS – Actively managed conifer forests may also provide important habitat for the pollinators that aid the reproduction of food crops and other flowering plants around the globe.

An international collaboration, led by Jim Rivers of Oregon State University, has established a roadmap for future research aimed at better understanding the role that managed conifer forests in temperate zones play for the conservation of pollinators such as bees, wasps, flies, beetles and butterflies.

"Temperate forests comprise a large portion of the world's land base, and to date we haven't really thought about them much in terms of habitat for pollinators," Rivers said.

It's important to do so because insect pollinators have an estimated $100 billion global economic impact each year, enhancing the reproduction of nearly 90 percent of the Earth's flowering plants, including many food crops.

Insect pollinators are also ecologically critical as promoters of biodiversity. Bees are the standard-bearer because they're usually present in the greatest numbers and because they're the only pollinator group that feeds exclusively on nectar and pollen throughout their life cycle.

Many vertebrates such as birds and mammals also serve as pollinators, and worldwide, more than 100,000 animal species contribute to pollination.

"We know some managed conifer forests support wild pollinator populations," said Rivers, an animal ecologist with the OSU College of Forestry. "But there's a lot we don't know regarding pollinator diversity and the extent to which management practices affect pollinators and the ecosystem services they provide."

> "We know some managed conifer forests support wild pollinator populations. – Jim Rivers

Rivers' team included researchers from OSU, the USDA-ARS Pollinating Insect Research Lab at Utah State, Washington State-Vancouver, the Forest Service's Southern Research Station in Athens, Georgia, and Switzerland's Bern University of Applied Sciences.

The scientists took a two-pronged approach to developing an agenda for filling in those pollinator knowledge gaps in temperate forests. They used input gathered from a daylong pollinator conference hosted by Oregon State University that brought together a range of scientists and land managers, and they also took a full inventory of the existing published research.

"The agenda we've come up with is for scientists, forest managers, conservation practitioners, and policymakers trying to balance production with pollinator conservation," Rivers said. "Our starting point is the Pacific Northwest, but the global footprint of managed conifer forests makes the agenda relevant worldwide."

The roadmap is built around three themes: Establish baseline patterns, assess the direct and indirect influences of forest management activities, and quantify the effects of management practices that follow natural disturbances like insect outbreaks or wildfire.

"There's a strong interest across the board, state and federal, as well as private industry and small landowners, in undertaking pollinator studies now," Rivers said. "And there's a compelling need for pollinator work – there's lots of information out there about other systems and we're just beginning to consider managed conifer systems. We don't have the answers yet, but we're moving in that direction."

The research review and agenda was published in the *Journal of Forestry*.