



On the  
Bright  
Side



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November 2009



## A Happy AND Healthy Thanksgiving

While the common misconception that most people gain 5 to 10 pounds between Thanksgiving and New Year's day is a myth, many people do gain a pound or two in that time. A typical Thanksgiving meal can range between 2,000 and 3,000 calories – the amount that the average person shouldn't exceed in an entire day of eating!

The good news is that if you want to eat healthier for Thanksgiving this year, it doesn't mean that you have to eliminate all the foods you love. If you are making the dinner, you own the process, have all the control and can set the priorities. Are you concerned with fat intake? Total calories? Cholesterol levels?

### The Turkey

Eat turkey, but avoid the skin which contains most of the fat in the bird. The white meat and the breast meat tend to be naturally lower in fat. After carving the turkey, separate the dark meat from the white meat so your calorie/fat conscious guests can easily get to the lower calorie pieces.

For a lower fat turkey, be sure to choose one that isn't self basting. When cooking your turkey, avoid using turkey rubs which usually contain a high amount of salt which of course can lead to hypertension (high blood pressure). Rather than rubbing the skin with butter or oil, spray it with an oil spray and season it with fresh spices such as rosemary and thyme. For more creative, healthy and delicious turkey recipes, visit: [http://www.eatingwell.com/recipes/collections/healthy\\_thanksgiving\\_recipes.html](http://www.eatingwell.com/recipes/collections/healthy_thanksgiving_recipes.html)

### Side Dishes

Go with dressing baked in a casserole dish rather than stuffing baked in the fat insides of the turkey. When making dressing, try using dried-out whole grain English muffins instead of a bag of stuffing mix to add a healthier ingredient to the mix. Other additions can include vegetables or dried fruits, and chicken broth will add more flavor and fewer calories than butter.

# Eating Smart on the Run

In the best case scenarios, you are well prepared and shop/cook in advance so you have healthy foods that are ready to eat on hand at all times. This just isn't going to be the situation 100% of the time. Unplanned food stops happen. The trick is to make the best possible choices when you are stuck in this corner.

Here are a few yummy, low cal choices for just such times:



## McDonald's

Cobb Salad with Grilled Chicken (400 calories) with a Fruit n Yogurt Parfait (156 calories) and a large Diet Coke (0 calories) or,

A Fruit and Walnut Salad (310 calories) with 1 percent milk (100 calories) or,

Grilled chicken sandwich (410 calories) and a diet soda (0 calories)

## Wendy's

Ultimate Chicken Grill Sandwich (225 calories) with a Mandarin Orange Cup (80 calories) and 2% reduced fat milk (120 calories) or,

Sour Cream and Chives Baked Potato (320 calories) with a side salad (35 calories) with fat-free French dressing (80 calories)

## KFC

Tender Roast Filet Meal (360) or,

Roasted Caesar Salad (220 calories), pack of Baked Cheetos (120 calories) and a Diet Pepsi (0 calories)

## Taco Bell

Nachos (320 calories) with a large diet soda (0 calories) or,

One taco (170 calories) with rice (200 calories) and a diet soda (0 calories) or,

Fiesta Taco Salad without shell or Red Strips (420 calories) and a large diet soda (0 calories)

## Dunkin Donuts

Coconut Coffee, 10 oz (20 calories) with an English muffin (160 calories) or,

One chocolate chunk cookie (110 calories) with a cup of earl grey tea with milk (25 calories) or,

A French crullet (150 calories) and a 16 oz iced latte with skimmed milk (70 calories)

## (A Happy AND Healthy Thanksgiving continued...)

Sweet potatoes are loaded with vitamin A, potassium and fiber. There are many recipes out there that use healthier ingredients than marshmallows. A couple of tasty sweetening options are maple syrup or pecans.



By themselves, white potatoes are naturally fat free. When preparing mashed potatoes, you can skip the butter and heavy creams; try whipping them with fat free sour cream, or a small amount of fat free milk. For extra flavor, add turkey or chicken broth, roasted garlic and herbs. Add pureed cooked cauliflower, parsnips or turnips to the potatoes for extra nutrition.

Gravy can be made using beef or chicken bouillon cubes instead of using the fat turkey stock. Melt the bouillon cubes in water, add parsley flakes, garlic powder, salt and pepper, and use cornstarch and water to thicken, rather than flour.

Add some veggies to your holiday meal. Vegetables add color, flavor, and variety to those special meals. For instance, get adventurous and make something new such as Cranberry and Apple Stuffed Acorn Squash. Or take an old favorite like green bean casserole and give it an update. Try making Toasted Almond Green Beans. It's still very simple to prepare and can be made ahead and reheated later. The almonds give the green beans a great texture, and make a basic vegetable side dish into something special.

For specific Thanksgiving Day side dish recipes, check out: [www.eatingwell.com/recipes/collections/healthy\\_thanksgiving\\_sides\\_desserts](http://www.eatingwell.com/recipes/collections/healthy_thanksgiving_sides_desserts)

## Eating Out

If you are eating at someone else's house, you are confined to their menu. There are 3 tips that can help:

1) Slow down and enjoy your friends and family as well as the food. Remember, it takes time for your brain to register the food that's in your stomach is getting into your blood stream.

2) Don't skip meals to "save up" for the big meal. Still eat your breakfast and have a light lunch. This will help to stop you from stuffing yourself on high-calorie foods when dinner is served.

3) Drink lots of water throughout Thanksgiving Day. This will help to keep you full without adding calories. And if you want beer, wine, soft drinks, or other beverages that can have high calorie counts, have just one or two and then switch to sparkling water with a dash of fruit juice.

Thanksgiving can be an absolutely wonderful holiday even without all the fat and calories. By making some slight modifications to cut back on fat and sodium, adding more vegetables and whole grains you can serve a meal that is absolutely enjoyable, absolutely delicious and absolutely fun. And if you're going out, remember that you don't have to treat the event as if it's an "all you can eat buffet". Make good choices and you can keep the damage to a minimum. Have a great holiday!

### Welcome New Patients!

- |            |             |             |
|------------|-------------|-------------|
| Joan A.    | Martin R.   | Diana T.    |
| Roger O.   | Jordan D.   | Logan N.    |
| Maria B.   | Dante R.    | Debra T.    |
| Adrian O.  | Gerogine F. | Robert N.   |
| Rosetta B. | Al S.       | Michelle W. |
| Louis P.   | Kimmie G.   | Jerry N.    |
| Donald B.  | Grace S.    | Ruel N.     |
|            | Maryann H.  |             |

### Thank You For Your Referrals!

- |            |            |           |
|------------|------------|-----------|
| Robert N.  | Cynthia T. | Jim R.    |
| Dennis R.  | Emily T.   | Donna B.  |
| Chelsea N. | David S.   | Jess K.   |
| Mike Z.    | Teresa D.  | Alice D.  |
| Mark N.    |            | Thomas M. |



### Whitehall Seminar - Part II

In our last newsletter we shared a little information about our trip to Phoenix for a team building conference. We decided to share a few photos from the conference with you all.

We will continue to provide you with more information and pictures from this upcoming trip in our December newsletter.

**Stay tuned for more exciting news.**

This month, The Advanced dentistry team will be flying to Dallas for another 4-day seminar with Whitehall Management.

We work everyday to continue providing our patients with best and most advanced dental care available!



## 2009 Dental Benefits

### Use Them Or Lose Them!

Believe it or not, our very own patients continue to lose over \$500,000 in dental insurance benefits each year! How could it be that honest, hard-working people could lose over half a million dollars that were meant for them?

Well, it's actually fairly simple. Dental benefit plans do NOT allow you to "roll over" any unused benefit dollars beyond December 31st of the current year. For example, if you have \$500 of benefits remaining, and you don't use them to help pay for your dental treatment by the end of this year, you will lose \$500 that you could have applied toward your dental care--just by getting it done in 2009.

It's as if your insurance company puts a small pile of money on the table for you to use in 2009. But at the end of the year, you don't get to keep that money. Instead, they reach over and pull all of YOUR unused money off the table and put it in THEIR bank accounts! Sounds criminal, but it's legal...and true.

Many of our patients don't realize that this is what actually happens. Others do, but usually not until it's too late to schedule an appointment in 2009. Our December calendar fills up fast so don't wait until the last minute to try to schedule your appointment!

Rather than waiting until the last minute and losing a chance to use your benefits, we encourage you to act on this REMINDER today. Call our office at 732-356-9120 so you can schedule a time that works out well for you.

## Trivia

Allison, Jerry, Bonnie, and Bill are participating in a Thanksgiving Pageant at their school. The students will portray an Indian warrior, a pilgrim, an Indian maiden, and a deer. Their props consist of a pumpkin, a fish, a basket of corn, and colored leaves. During the pageant, they will recite a poem, sing a song, do a dance, and act as the narrator. Their parents, whose last names are Lee, Newton, Myers, and Schuler, will be watching in the audience. The ages of the performers are 13, 12, 11, and 10 years old. Use the clues to help you find out who will be doing what for the pageant.

1. Mrs. Lee made her daughter's costume and also the costumes of the Indian maiden and the dancer.
2. Mr. Myers helped his son rehearse his poem.
3. The dancer was older than Lee and the pilgrim, but younger than Allison.
4. The 11-year old ripped her deer outfit, but her mother pinned it.
5. Newton carried his fish during his tribal dance.
6. Jerry's pumpkin was a symbol of the feast for the pilgrims.
7. The Indian maiden carried corn as she sang the song of feasting.

*Last months trivia (question - with answers in red):*

*Each group of words has one four letter prefix that fits in front of them to form another word or phrase. Can you figure out which word it is for each group?*

- |                                   |                                  |
|-----------------------------------|----------------------------------|
| 1. sick, work, room, plate (home) | 2. do, up, shift, believe (make) |
| 3. range, shot, horn, bow (long)  | 4. back, baked, way, hour (half) |

Be the 1st person to answer the trivia question correctly and we will send you a \$25 American Express Gift Card. Your answers can be submitted by phone (732-356-9120), fax (732-356-0870), or email (reillydmd@aol.com).

## 2009 is coming to an end. Maximize your benefits before it is too late!

**Take advantage of our special offer for  
the month of November!  
Get 10% off your next cleaning, or \$ 100  
off any major dental treatment\***

**10% OFF**

**Your Next Cleaning**

*\*Must present coupon to  
redeem*

*\*Offer Expires 12/15/09*

**\$100 OFF**

**Any Major Dental  
Treatment\***

*\*Treatment must be over \$1000*

*\*Must present coupon to redeem*

*\*Offer Expires 12/15/09*

