

10 TIPS FOR A HEALTHIER *Thanksgiving*

Thanksgiving is a time for family favorites including pecan pie, loaded stuffing, and the delicious homemade gravy— makes our mouths water just thinking about it! Did you know most of us gain at least a pound during Thanksgiving, and we tend to hold on to that weight gain (and gain more!) as we head into the Christmas and New Year holidays? The holidays do not need to sabotage your weight— you can balance both traditional favorites and enjoy guilt-free festivities by being mindful of your choices. Here's how:



Recipe Substitutions

Try simple recipe substitutions guaranteed to keep the flavor. For example, switching vegetable for chicken broth, using low fat or non-fat dairy in recipes, reducing sugar by half in recipes, or trying puréed fruit like applesauce.

Move More

The Right Choice For A Healthier You™ program encourages regular activity whether during the work week or while on holiday: it can be as simple as a 30 minute brisk walk to kick off your day!

Rethink Seconds

Consider skipping seconds and arrange leftovers for the following day. Not only will you feel more comfortable for not overeating, but you leave room for a delicious Thanksgiving dessert.

Enjoy Each Bite

Savor the taste of the holiday flavors by chewing slowly and enjoying each bite. Chew food at least 10 times and put your fork down between bites.

The Power of Breakfast

Start your holiday celebration day off with a breakfast that includes protein and fiber to keep the edge off your hunger. Some great options include whole grain cereal with low fat milk, an omelet with chopped vegetables (onions, green peppers, spinach), or even toast with peanut butter.

Think Maintenance

Weigh in regularly to monitor calories in, calories out. If the scale moves upward, consider increasing exercise or monitoring portions to keep weight balance over the holidays.

Limit Alcohol Intake

Alcohol calories add up quickly. By watching servings, you are able to keep calories, and safety, in check. Consider sparkling water between alcoholic drinks to aid in staying hydrated, and sober.

Portion Pointers

Here is a quick guide to keep you on track Thanksgiving day and every day:

Deck of cards = 3 ounces of meat

Tennis ball = 1 cup

Three dice = 1 1/2 ounces of cheese

Golf ball = 1/4 cup

Try New Healthy Side Dishes

Check out www.therightchoiceforahealthieryou.com website for healthier recipes, including recipes from our USConnect® culinary experts!

Enjoy Time with Family and Friends

The main event is spending quality time and socializing with loved ones.