

# Wellness by the Month

## ENJOY A HEALTHY THANKSGIVING FEAST

Thanksgiving dinner, one of the most popular meals of the year, brings memories of family gatherings, good food and over-indulging. The typical Thanksgiving dinner has over 2,000 calories. This year stuff the turkey – not yourself!

Here are some tips that will allow you to still enjoy all the savory goodness of a complete turkey dinner including that piece of pumpkin pie without expanding your waistline.

**SLOW DOWN** - Eat slowly and enjoy the flavors and textures of the meal.

**HYDRATE** - Drink plenty of water. Alcoholic beverages and caffeine are dehydrating.

**PAY ATTENTION** - Stop eating when you begin to feel full.

**GO SKINLESS** - Keep your turkey portion to 4oz and leave the skin behind. Turkey is high in protein, low in fat and is an important source of vitamin B.

**GET COLORFUL** - Fill half your plate with steamed or roasted vegetables. The more colorful the vegetable, the more antioxidant power they yield. Try these for color:

**Yellow/Orange:** sweet potatoes, carrots, yams, pumpkin. (contains vitamins A and C and folate)

**Green:** spinach, green beans, kale, mustard greens, broccoli, brussel sprouts (contains folate and lutein)

**Reds:** beets, peppers, radishes, tomatoes, pomegranates (contains antioxidants and lycopenes)

**Blue/Purples:** eggplant, blueberries, figs, black olives, plums (contains antioxidants)

**GET MOVING** - Take a walk before and after dinner. Encourage family members to join in. Don't let yours be a "waistful" Thanksgiving.

## HAPPY THANKSGIVING

