

Have a Healthy Thanksgiving Feast!



Did You Know?

The FIRST HELPING of the traditional Thanksgiving menu including turkey, trimmings, potatoes, and pie adds up to APPROXIMATELY 4,000 CALORIES!

(This is approximately 2 DAYS worth of calories in 1 MEAL)

Some Ways to Decrease Your Thanksgiving Calories:

Don't Fast Before You Feast:



Many Americans skip their lunch before sitting down with their families for Thanksgiving, which often causes them to eat too much. Instead try to have a light meal three to four hours before sitting down for dinner.

Eat With Fewer People:



Believe it or not, you tend to down more for dinner as the size of your company increases. Eating with just one other person reduces the amount of food you consume by a third.

Downsize The Dining Ware:



Eating from smaller plates and taking food from smaller serving bowls helps to limit the amount of food you eat.

Eat Slowly:



Don't rely on your body to tell you when you are full. It takes about 20 minutes for your stomach to begin digesting the food and getting the message to your brain. Before you decide if you are hungry enough for a second portion, wait 20 minutes to see if the hunger remains.

Eat Your Fruits and Veggies:



Fruits and veggies have less than half the calories of fatty foods. High fiber and water content in fruits and veggies lowers cholesterol levels and helps to fill you up without weighing you down in calories. Trade in your chips & dip appetizer for a platter of sliced fruits and vegetables.



Don't Eat The Dark Meat:



Eat white meat instead of dark meat, and you will get the same amount of protein but half as much saturated and total fat.

Remove Fat & Calories –The Cool Way:



By refrigerating your gravy or soups before dinner, the fat will harden and rise to the top. Simply remove the congealed fat with a spoon before heating and serving. This extra effort is worthwhile since every tablespoon of fat you remove from gravy or pan juice subtracts 120 calories/ 13g of fat.

Pick Pumpkin, Not Pecan Pie:



Serving pumpkin pie rather than pecan pie can easily dock 100 to 200 calories. Hold the whip cream, and you just saved at least an additional 25 calories.

Avoid Foods or Appetizers:



Most finger foods and appetizers are high in sodium and saturated fat. Those small little bites pack a big caloric punch in no time. Your safest option is usually to stick with a veggie platter.

No Additional Salt:



Adding additional salt to Thanksgiving foods, which are already high in sodium, will have you feeling bloated and sluggish. Never add salt to food until you taste it first.

Drink Alcohol in Moderation:



While alcohol doesn't contain fat it does contain 7 grams of empty calories per gram. A couple of holiday beers can easily add up to 300+ calories. When you combine that number plus your food intake the numbers can be staggering. If you choose to consume alcohol this holiday season, avoid sugary drinks and limit your intake. ALWAYS make sure you have a designated driver.