

November Nutrition Newsletter



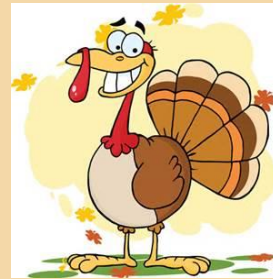
Did you know that the average American will consume around 1600 calories this Thanksgiving meal? Here are some tips on how to keep trim this holiday!

1. Eat breakfast. Experts say eating a small meal in the morning can give you more control over your appetite so you won't be starving when you arrive at the gathering.

2. Don't Deprive. Fill your plate with *small* portions of your favorites, that way you can enjoy those special treats without feeling the guilt.

3. Eat slow. Make sure that you savor those favorites! It takes your stomach 20 minutes to tell your brain that you're full!

4. Exercise. Go for a walk after the meal to burn off the extra calories.



Other tips for a healthier Thanksgiving:

- Use low sodium chicken broth when making gravies and soups.
- Try plain yogurt instead of sour cream.
- Go easy on the butter and oil.
- Eat turkey without the skin.
- Add more herbs, onions and garlic to recipes as opposed to salt.

Fun Facts: The first Thanksgiving meal was in 1621 and lasted for three days! The meal consisted of wild goose, deer, flint corn, fish, shellfish and eels.