

How to Lose Weight this Thanksgiving

You can enjoy your Thanksgiving meal without over-eating and consuming too many calories. How? Follow our guidelines, and you'll be able to make wise food decisions.

Gotta Have Healthy Options

The best thing you can do this Thanksgiving is make sure you will have healthy food options so you aren't stuck with high-calorie, high-fat foods. Whether you are hosting the meal or are a guest, be sure to have some dishes that you can fill up on that won't pile on the calories.

You can still have some of the other dishes that you enjoy, but you won't be tempted to eat as much of them if you have healthier options. *We suggest having a vegetable dish and a healthy dessert option.* You can always have more healthy dishes at your meal, but with at least two, you can eat as much veggies as you want and eat dessert guilt-free.

Of course the optimal situation would be an entire Thanksgiving meal with healthy options. This could be something for your family & friends to consider; although, most likely people will want to have their favorite traditional dishes, which are most likely not the healthiest. ☺

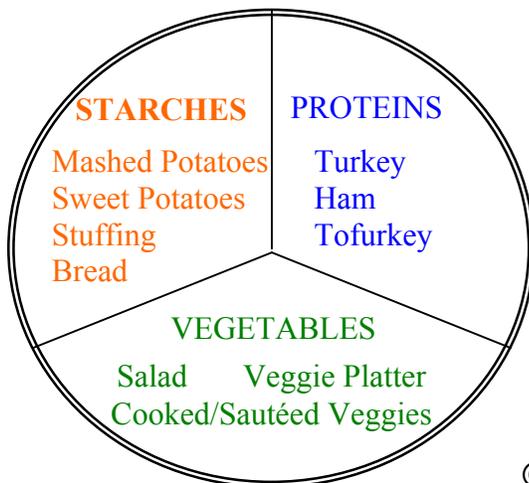
See Pages 3 & 4 for a list of healthy Veggie & Dessert Options.

Thanksgiving Staples: What to Eat & What NOT to Eat

Enjoy your favorite Thanksgiving foods, but make healthier decisions.

EAT THIS	NOT THAT
Turkey: White Meat	Turkey: Dark Meat
Mashed Potatoes (plain)	Sweet Potatoes w/ marshmallow topping (PLAIN sweet potatoes are ok)
¼ cup (2 spoonfuls) of cranberry sauce with actual cranberries & less sauce (homemade best option)	1 slice of jellied cranberry sauce
1 small slice of pumpkin pie	1 small slice of pecan pie (450-650cal, 21g of fat!)
1 small whole grain or sourdough roll, plain	White bread roll w/ butter
Sautéed green beans	Green Bean Casserole

What Your Meal Plate Should Look Like



The best way to control your caloric intake and to not over-do it on starches & turkey is to ***divide your plate into thirds and dedicate each third to: Starches, Proteins, & Vegetables.***

If you're eating fruit, add that to the Starches section. If you have noticed, most of your favorite Thanksgiving foods are located in the Starches section, so pick them wisely (do you really need a roll?) and enjoy each bite.

The more you add to the Vegetables section, the better. Aim to have half your plate filled with veggies. Mix your starches & proteins with them to make them go further.

Determining Portion Sizes Using Your Hand:

- Use your palm to determine your protein portion.
- Use your fist to determine your veggie portion.
- Use your cupped hand to determine your carb portion.
- Use your thumb to determine your fat portion (gravy and butter).

Beware: Stuffing & Gravy

It's Thanksgiving; you can enjoy stuffing & gravy, but just be mindful of how much you are consuming. They are both delicious, but high in calories, fat, & sodium. Not to mention one serving of stuffing has at least 2 slices of bread in it. So to prevent from over-indulging, keep to these measurement amounts:

- **½ cup of stuffing** – Considering that the healthiest stuffing recipes have 180 calories & 10g fat for ½ cup, there is no need to eat more than ½ cup of stuffing.
 - To remind yourself how much ½ cup is, look at a measuring cup before you eat. It's amazing how we often overestimate measurements when it comes time to eat.
- **1/3 cup of gravy** – This is actually quite a bit of gravy, but most people go crazy on the gravy and put it on everything on their plate and for seconds. You can consume a cup or more without realizing it, which equates to 160-200+ calories. (1/3 cup = small ladle-full, 3 large spoonfuls)

DO'S & DON'TS

- DO eat a high fiber breakfast (& lunch, depending on when you eat)
- DON'T starve yourself. You'll overeat for sure!

- DO stop eating 3-4 hours before bedtime.
- DON'T keep snacking on leftovers all the way up until bedtime. If you think you're hungry, drink some water. You're probably just thirsty because you ate a lot of salty foods.

- DO eat healthy appetizers. Pace yourself and keep eating *healthy* food.
- DON'T eat one large meal. *Our bodies can't handle 2000-5000 calorie meals at once. Those excess calories will be stored as fat.*

- DO drink lots of water all day. It keeps you full & hydrated.
- DON'T drink unnecessary liquid calories. Sodas, punches, eggnog (a big no-no), cocktails, beer, wine are all going straight to excess calories.
 - If you need to drink so you can cope with your family, wait as long as possible until you have a drink. This will help you to drink less overall. Sip on it and set it down between drinks. Holding a drink in your hand makes you drink it faster.

- DO partake in *physical activity earlier in the day to get your metabolism going*. Do one hour of physical activity: walk, run, bike, vigorous cleaning, whatever you want!
- DON'T sit around all day with no physical activity. You'll have no energy, especially after a big meal.

- DO partake in *30 minutes of physical activity after your meal* (and before dessert). It will help you digest your food (don't let it sit like a rock in your stomach!) and help you burn off some

of those calories. Make it part of a Thanksgiving tradition. You can: go for a walk, a bike-ride, play an active game of charades, have a dance party...get creative! My family goes for a walk after our meal, even if it's rainy weather.

- DON'T sit or lay down after eating and watch football games & movies. This will slow your digestion and your metabolism while elevating blood sugar.
- DO bring your own healthy options to eat.
- DON'T get stuck with unhealthy options and blow all the hard work you've put in exercising.
- DO divide your plate into 3 sections: Vegetables, Starches, & Protein.
- DON'T load your plate with starches (potatoes & stuffing).

HEALTHY THANKSGIVING OPTIONS

Veggie Options:

- Veggie Platter w/ Hummus or Non-fat Ranch:
Fill up a platter with your favorite veggies (carrots, celery, broccoli spears, asparagus, radishes, etc) and have a dish of hummus or ranch to dip them in. (Dip sparingly!) You can have this as an appetizer or pass around at the meal.
- Sautéed Green Beans:
While green bean casserole is a popular Thanksgiving dish, it hardly qualifies as a healthy veggie option. Instead of consuming high-fat cream & crispy fried onions, you can instead enjoy green beans sautéed with a little olive oil seasoned with garlic, parsley, sautéed onions, & pepper flakes (or whatever seasonings you prefer – try to keep them low-sodium!). A little crumbled goat cheese on top would be delicious!
- Big Salad, try a Greek Salad:
You can make any salad that you prefer. Make sure to load up on leafy greens (high in fiber to fill you up and hardly any calories). Of course, you should use a low calorie dressing (try a light vinaigrette) and stay away from filling the salad with high-calorie cheeses and nuts & seeds.

This Greek Salad is always a hit at my house:

- Fill a platter w/ romaine lettuce & spinach
- Add: Green & Yellow Peppers, Tomatoes, Olives, Mushrooms, onions & any other veggie you like
- Drizzle balsamic vinegar & olive oil on top (easy on the olive oil!)
- Crumble a little Feta cheese on top
 - a great cheese option is crumbled goat cheese – lower calories & more pungent, so you don't need much

Dessert Options:

- Apples & Ice Cream
You won't miss apple pie if you eat this! While apple pie doesn't seem bad for you (it's filled with fruit, right?), it can be 700 calories per slice. The main culprit: the crust. Other culprits: all the other ingredients that make the filling seem so gooey delicious.

Try this instead:

- Put a tablespoon of butter in a pan
- Put 4 apples peeled & sliced up in the pan (any apple you like works, Golden Delicious work well)
- Sprinkle 2 tbsp of brown sugar & 2 tsp of cinnamon on the apples
- When the apples are cooked take off the burner
- Spoon the apples & sauce on top of 1 scoop of low-fat vanilla ice cream – YUM!

- Baked Apple

This popular holiday treat can actually be healthy. Instead of adding all the nuts, butter, & sugar that baked apples can be known for, enjoy a healthier, but still delicious, version.

- Core an apple and stuff raisins, cinnamon, and add a light sprinkling of brown sugar in the center. Get creative: try dried cherries or any other dried fruit or spices you like. Try a few red hot candies instead of brown sugar in the apples for added spice.
- Put the apples in a baking dish and put a little water in the bottom of the dish to prevent the apples from burning.
- Put them in the oven at 325 degrees until the apples are cooked through.
- Enjoy them by themselves, or if you are feeling indulgent, enjoy with a scoop of low-fat vanilla ice cream. Mmmmmm.

- Fruit Salad w/ Vanilla Greek Yogurt

Most times people are super full from their Thanksgiving meal, and then they over-indulge themselves with rich dessert. Want to enjoy dessert without feeling like you just ate the football they're throwing around on TV? How about a fruit salad? This is an excellent way to eat your dessert and not pack on the calories.

- Get creative! Try a Berry Salad (mix raspberries, blackberries, blueberries, strawberries). Or chop up all your favorite fruits and add a little lemon juice (to preserve them) and a light sprinkling of sugar to release the natural sugars of the fruit. Top with vanilla Greek yogurt.

- Pumpkin Pie – if you love it

Since Thanksgiving comes once a year, you can have a small slice of pumpkin pie. Keep it small. Enjoy eat bite!

- Dark Chocolate

Who doesn't love chocolate? If you provided dark chocolate truffles for dessert (just dark chocolate – no nuts, fruit, etc), they would probably be a hit. Since they are so rich & decadent, limit yourself to 2 of them. Enjoy them with some coffee (not w/ cream or sugar, though!).