

HEALTHY LIVING



Thanksgiving is here once again. Year after year, most of us pack on at least a pound (some gain more) during the holidays -- and keep the extra weight permanently.

But Thanksgiving does not have to sabotage your weight, experts say. With a little know-how, you can satisfy your desire for traditional favorites and still enjoy a guilt-free Thanksgiving feast.

Create a calorie deficit by exercising to burn off extra calories before you ever indulge in your favorite foods,.

Get Active

'Eat less and exercise more' is the winning formula to prevent weight gain during the holidays. Increase your steps or lengthen your fitness routine the weeks ahead and especially the day of the feast.

Make fitness a family adventure. Take a walk early in the day and then again after dinner. It is a wonderful way for families to get physical activity and enjoy the holiday together.

Eat Breakfast

While you might think it makes sense to save up calories for the big meal, experts say eating a small meal in the morning can give you more control over your appetite. Start your day with a small but satisfying breakfast -- such as an egg with a slice of whole-wheat toast, or a bowl of whole-grain cereal with low-fat milk -- so you won't be starving when you arrive at the gathering.

Eating a nutritious meal with protein and fiber before you arrive takes the edge off your appetite.

Lighten Up

Whether you are hosting Thanksgiving dinner or bringing a few dishes to share, make your recipes healthier with less fat, sugar, and calories.

There is more sugar and fat in most recipes than is needed, and no one will notice the difference if you skim calories by using lower calorie ingredients.

Suggestions:

- Use fat-free chicken broth to baste the turkey and make gravy.
- Use sugar substitutes in place of sugar and/or fruit purees instead of oil in baked goods.
- Reduce oil and butter wherever you can.

Try plain yogurt or fat-free sour cream in creamy dips, mashed potatoes, and casseroles.

Focus on Family and Friends

Thanksgiving is not just about the delicious bounty of food. It's a time to celebrate relationships with family and friends. The main event should be family and friends socializing, spending quality time together, not just what is on the buffet.

DATES TO REMEMBER

November 21st — 23rd Thanksgiving Break

