



making each day a little healthier

Nutrition Tips

Talking Turkey. Choose only the white meat without the skin and drizzle a cranberry sauce or low-fat gravy recipe on your turkey rather than a gravy made from turkey juices and giblets.

Sweet Idea. Eat unsweetened applesauce. You will still get plenty of natural sweetness, but nearly half of the calories of the sweetened ones. Unsweetened applesauce has only 50 calories per half cup while sweetened varieties have about 85 calories per half cup.

Self-Service. Several studies suggest a child's internal cues of hunger and fullness can prevent them from overeating. Allow your children to choose their own portion sizes. Exposure to healthy foods combined with the power of choice, may go a long way in teaching kids to make healthier choices.

As Good as Pie. This holiday season, experiment with using fruit for your dessert instead of pie. You can cut up fresh fruit and layer in a glass or parfait dish using non-fat whipped cream between the layers. Or have fun baking pears, apples, apricots, cherries, and bananas. Slice, sprinkle with cinnamon and bake at 350 degrees until tender. Serve with non-fat whipped cream. Kids will have fun making these!

Fitness Tips

Thanksgiving Day Activity. Use the day to create some family fun, not to mention a way to burn calories instead of storing them. Map out a mile or two and go for a turkey trot (brisk walk) and collect some leaves, twigs, or stones along the way that can be used to decorate the dinner table.

After Dinner Fun. Play charades. Divide into two teams and have each team come up with names of books or movies. Write each title on a separate piece of paper and rotate having one team member act out one of the titles from the opposing team. Keep track of time and the team with the least number of minutes "on stage" wins the game.

Weekend Warrior. Stay active over the days following Thanksgiving. Use your time off to start or add even more physical activity into your day. Create family activities or get some friends to join you. Make your health and fitness your priority.

Health Tips

At dinner, create conversation by placing a question under each person's plate. You can ask probing and motivating questions such as, "Who is one of your role models?" or "What is the funniest thing you have ever done?" or "What do you want to be doing in 5 years?" or "What is your favorite childhood memory?" or "What do you like best about yourself?" Everyone can offer their compliments after each person answers their questions. For the finale, place a question under the centerpiece for everyone.

'Tis the Season of Giving. This time of year reminds us to be thankful for what we have and help those around us that are not as fortunate. Reach out into your community or find a cause that resonates with you. Consider helping your local food pantry. Food pantries are in desperate need of food and help.