

# Thanksgiving Tips

Surviving the Holidays



# Add a good breakfast!

- Adding breakfast allows for calorie burn prior to starting the meal



# Enjoy the day!

- Try to get some exercise during the day by going for a walk or having a family football game
- Eat all you favorite foods
- Avoid portion distortion



# Focus on vegetables and protein

- Lower calories, more energy
- Try making your own vegetable side dish
- Eat a wide variety of color



# Go light on butter and gravy!

- Use a smaller serving spoon and limit butter to a fingertip size



# Try to drink mostly water with meals

- Supplement any alcohol with water
- Water can also decrease food consumption
  - Getting fuller on liquids instead of food
- Be mindful of soft drink consumption



# Split Desserts

- Share the love with others



# Wait 10 minutes before going for seconds

- Let your brain process your body's fullness
- Getting up and moving may make you more aware of fullness



# Don't Turn Thanksgiving Day into Thanksgiving Week!

- Take home mostly protein and vegetables
- Freeze leftovers to avoid eating too much in the days following Thanksgiving
  - See next week's tips for leftover utilization
- Take home desserts in smaller quantities
- Eat desserts in addition to meals, not as a meal replacement (Ex: breakfast)



Have a safe and happy Thanksgiving!

