



Health & Fitness Weekly Wellness Message

Ever feel like the turkey's not the only one "stuffed" after Thanksgiving dinner? This is the week to celebrate all that we are thankful for as we gather with family and friends while we feast on traditional favorites. We at Health Fitness want to wish you and your family a Happy Thanksgiving and we wanted to leave you with some tips on how you can enjoy the holiday without overindulging.

Don't skip breakfast – skipping meals usually leads to overeating later in the day. You'll also likely snack mindlessly while cooking the meal. Plan to wake up to a nutrient dense breakfast and lunch so you don't overdo it at dinner.

Skip the skin - remove the skin from your turkey portion prior to eating to save some fat calories and cholesterol.

Watch your portion sizes – take smaller portions of the higher calorie options such as fried and creamy dishes as well as cheese-filled casseroles. Load up instead on vegetable dishes or a broth based soup before plating your food.

Serve healthier appetizers – skip the cheese ball in favor of fresh vegetables and low-fat dip; try hummus with vegetables or pita chips.

Drink plenty of water – we sometimes think we are hungry when we are really thirsty. Alcoholic drinks can also dehydrate. Try and serve low-calorie or no-calorie drink options.

Serve smaller desserts – instead of pecan pie which averages 500 calories per slice, try serving mini pecan tarts for about 110 calories each.

Take your time and go slow – try and stretch your meal out to at least 20 minutes. It takes this long to get the message to your brain that you are full.

Don't forget to exercise – sticking to your exercise plan will help burn some of those extra calories. Exercise also helps blunt the appetite so try going for a walk before you eat.

Think substitutions – For creamy mashed potatoes try using chicken broth instead of butter. Use the following chart for other ideas on how to save fat and calories without skimping on flavor:

Recipe calls for	Substitution
1 whole egg	2 egg whites
sour cream	low fat plain yogurt or low fat sour cream
milk	skim or 1% milk
ice cream	frozen yogurt
heavy cream (not for whipping)	1:1 ratio of flour whisked into non fat milk (1 cup of flour + 1 cup of non fat milk)
whipped cream	chilled evaporated skim milk or other low fat whipped products
cheese	low-fat cheese (please note: non-fat cheese does not melt well if use in cooking or baking)
butter	light butter
cream of mushroom	low-fat or fat-free cream of mushroom

For healthy Thanksgiving recipes, menus, and cooking tips click on the following link:
http://www.eatingwell.com/recipes_menus/collections/thanksgiving_collection_1

For recipes to make ahead side dishes that will save you time during the holiday:
http://www.eatingwell.com/recipes_menus/recipe_slideshows/make_ahead_thanksgiving_side_dishes

For money saving tips and a full Thanksgiving spread for less than \$7 per person:
http://www.eatingwell.com/blogs/hilary_meyer/2009_11_09/a_full_thanksgiving_spread_f_or_less_than_7_per_person

Upcoming noteworthy events: November 28-30 will be the last dates this year for the Executive Health Assessments/treadmill testing. Please stop by Health Fitness if you would like to make an appointment to have an assessment done.

Want to stay informed about what's happening in Health and Fitness – become a fan of ours on FACEBOOK! Go to <http://www.facebook.com/pages/Washington-DC/National-Defense-University-Health-and-Fitness-Program/128551210497738> and click on "Sign Up."

HAPPY THANKSGIVING FROM HEALTH AND FITNESS!