



## Lady of America Newsletter - November 2009 - Be Thankful Issue

### Eating: Thanksgiving Day – Making Smart Choices by eating good, wholesome, healthy food, you are on the path to a healthy lifestyle.

Welcome to the start of the holiday season, also known as “the eating season or food fest.” This time of year is when we usually see a gain of 5-plus pounds that, let’s face it, will not come off after the holidays. According to industry experts, the average American consumes more than 4,500 calories and 229 grams of fat on Thanksgiving Day. This year, enjoy Thanksgiving and its bounty without abandoning your healthy eating habits. Ask yourself, is it really worth it for one meal? Instead, consider our suggestions to help you maintain a healthy lifestyle – and even lose weight – during the weekend food fest.



Let your family and friends be the focal point of the festivities, not the food.

- ❖ Get moving. Keep to a workout schedule before, during and after the holidays to help curb the pounds. Add an extra walk before and after dinner.
- ❖ If traveling out of town, see if there is a Lady Fitness of America center you can work out at. If not, call a local fitness center or family fitness center to see if you can pay daily.
- ❖ Eat regularly on Thursday. If you are planning to have a big dinner, eat light during the day. For breakfast eat good, healthy foods such as oatmeal and fruit; for a snack, cottage cheese or yogurt with a handful of nuts. For lunch, some protein with vegetables and a high-fiber carb like brown rice, whole wheat bread or sweet potato.
- ❖ Indulge just a little. Before the meal, decide which foods you really want to eat. A suggestion: choose foods that you don’t have on a regular basis, like stuffing or pumpkin pie. Watch portion size.
- ❖ Start your meal with salad to help curb the appetite. Watch the dressing!
- ❖ Drink a lot of water throughout the day. Not only does water help with digestion and elimination, it helps curb appetite.
- ❖ Eat slowly. It takes your stomach 20 minutes to know it is full.
- ❖ Want seconds? Wait 20 minutes and then decide.
- ❖ Listen to your body. It will tell you when it is full.
- ❖ If cooking, substitute high-fat or unhealthy ingredients with healthier options like applesauce, fat-free sour cream and olive oil. Go online and find healthy versions of your favorite Thanksgiving foods, from candied sweet potatoes to stuffing to green bean casserole to pumpkin pie.

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