



A *Mini* Healthy Thanksgiving Checklist

Holidays can be hectic and stressful. But it doesn't have to be that way. That's why we've compiled this mini healthy Thanksgiving Day checklist to keep you on track.

Here are 5 tips to keep this overindulgent holiday a healthy holiday:

- Eat Breakfast.** While it's tempting to "save room" for all of the delicious Thanksgiving fare that awaits, skipping breakfast may make you binge eat later. Americans usually eat up to 4,000 calories on Turkey Day, but that doesn't mean you have to.
- Participate in a Local Turkey Trot.** Start your day off right with a local walk/run event. You'll burn off your Thanksgiving meal before you even eat it! Most Turkey Trots donate proceeds to charity, so it's a win-win.
- Fill Half Your Plate With Veggies.** Fresh veggies will fill you up thanks to the high fiber content. Adding a salad to half of your plate means you have less room to pile up creamy potatoes, casseroles, or other high-calorie options.
- Skip the Bread.** Bread is to butter as a turkey is to Thanksgiving, but it doesn't mean you have to indulge. White bread is usually void of valuable nutrients and will fill you up quickly, too.
- Go Easy on Dessert.** When you're staring down the line of 20 desserts, it can be hard to pick one. Aim for one dessert, or a small sampling of a few of your faves. Just remember the uncomfortable overstuffed feeling if you're tempted to go for seconds.

Now, go on and enjoy your Thanksgiving Day! We hope it's a healthy and happy one for you. Gobble, gobble!

