



A weekly insight into Nutrition

## INSIDE NUTRITION: IT'S TURKEY TIME!

Thanksgiving is a time to be thankful for many things including family, friends, and food! Be sure to start your turkey day right with a sound breakfast. Skipping meals can cause you to over indulge come turkey time.

When it is time for the main course, be sure to make sound nutrition choices:

- Skinless turkey provides ample protein with very little fat. It's also a good source of several B-vitamins which keep your metabolism going strong and selenium that aids in immune function.
- Cranberries are full of antioxidants and fiber. Antioxidants have a variety of health benefits including disease prevention. Fiber helps regulate the digestive system and can lower cholesterol.
- Sweet potatoes are rich in vitamin C, potassium, and fiber. Vitamin C boosts the immune system while potassium is involved in nervous system function and maintaining fluid balance.
- Green Beans are high in vitamin K. Vitamin K is necessary for healthy bone mineralization.
- Pumpkin is loaded with vitamin A and fiber. Vitamin A supports vision and helps maintain healthy skin, hair, and bones.

Other tips to help prevent over-eating:

- Engage in mealtime conversation. This will cause you to eat slower and allow your stomach adequate time to “tell” your brain it is full. (This takes 20 minutes).
- Enjoy small portion sizes so you can try a little of everything.
- Savor each bite.

After your meal, go for an evening walk or bike ride. This will help you burn some of the calories you just enjoyed during your thanksgiving meal.



## HEALTHY MONDAY TIP

Don't be a victim of technology! Sure the electronic gizmos are convenient. But you'll burn real calories if you get up and walk over to talk to a friend in person occasionally – instead of relying on cellphones, email, and IM.