

Thanksgiving can be healthy – here's how



At major holidays like Thanksgiving, it can be easy to overeat. Being around friends and family and having access to a wide array of foods at the buffet table can make it difficult to stick to a healthy eating plan.

Fortunately, you can still enjoy your favorite dishes without all the calories if you plan ahead. Here are some simple ways to keep Thanksgiving healthy and delicious:

- Add low-sodium chicken broth to mashed potatoes to add flavor without the calories of gravy and butter.
- Substitute Greek yogurt in recipes that call for sour cream or buttermilk.
- Use applesauce in place of oil or butter in baked goods.

- Use fresh fruits and vegetables as appetizers rather than fried foods.
- Don't come to Thanksgiving overly hungry or you may end up overeating. Have a light meal earlier in the day with healthy protein, such as peanut butter or low-fat cheese, to keep you satisfied.
- To avoid mindless eating, sit and socialize away from the food table.
- Focus on calorie-free beverages, such as water or tea. Have a glass before you eat.
- Be aware of drinking calories. Alcoholic drinks should be consumed in moderation, which is one drink per day for women and two drinks for men.

Source: Academy of Nutrition and Dietetics