

# Living Well Tip of the Week

## Have a Healthy Thanksgiving: 4 Tips to Avoid Overindulging

During Thanksgiving, it's easy to go overboard with the calories and consumption. Temptations of gooey pecan pie and dense sweet potatoes topped with crackly marshmallows make it seem impossible to be disciplined.

**Here are five ways experts recommend you can avoid overdoing it on one of the greatest food days of the year – while still leaving room for dessert:**

- 1. Stick to healthy portions.** Just one plate of Thanksgiving food is all you get, Nelson said. Fill up half your plate with vegetables, fruit and a whole wheat roll, a quarter of it with mashed potatoes or sweet potatoes, and a quarter of it with turkey or ham. And, the more colorful your plate, the better – so get lots of leafy greens, carrots, bell peppers and beets in your veggie spread.
- 2. Eat before you indulge.** Don't starve yourself during the early part of Thanksgiving Day, with the idea that you're just "saving room" for all the food, or that this will make it okay for you to overeat later.
- 3. Drink lots of water and take a walk after eating.** Many times when people think they are hungry, they are actually just thirsty. By drinking lots of water throughout the day, you'll lower the risk of overeating.
- 4. Avoid snacking throughout the day.** Abide by the "out of sight, out of mind" mantra, once you've filled your plate with food, cover up the food and put it away.



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