An American Thanksgiving

November 2003

About 400 years ago in the autumn of 1621 early settlers from the Mayflower gathered with Native Americans in the small colony of Plymouth, Massachusetts for three days of feasting and the first Thanksgiving was born. Today, Thanksgiving marks the start of the winter holidays—a season that may see you a few pounds heavier by January 2, 2004! The typical American Thanksgiving meal contains about 2,000 to 3,000 calories—that’s about as much (or more) than is recommended for the entire day. Here are a few tips to trim down the holiday meal:

Turkey Trot
Put the holiday spotlight on activity and focus less on food. Take a walk before or after the big feast—don’t just sit around watching TV.

Carve Away The Calories
Choosing light turkey meat over dark saves some calories as does baking the dressing in a casserole dish instead of inside the turkey. Many traditional holiday recipes can be trimmed down without sacrificing taste. Check the Internet for low fat Thanksgiving recipes.

Slow Down
Eating slowly usually means eating less, so concentrate on conversation, not food.

Eat, Drink & Be Merry
But, be careful to not overdo it. Alcoholic beverages come with a high calorie price tag and offer no other nutritional value. They also decrease your resistance and can result in overeating.

Don’t Waste Calories
Skip everyday foods like rolls and butter. Save those calories for the special holiday dishes that only come around once a year.

From Soup To Nuts
End the meal with a basket of nuts and fruit. Walnuts taste great and are high in heart healthy omega-3 fatty acids and tangerines or clementines are easy to peel and deliciously sweet.