



## **3 Tips for a Weight Wise Thanksgiving**

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The holidays are upon us! As you may have experienced, Thanksgiving often serves as the starter pistol for the holiday weight gain marathon. Don't let holiday collateral damage be the impetus for your New Year's resolutions this year. A little planning and mindfulness can keep the joy in your season and your weight in the "No Dread" zone.

### **Try these 3 tips for a pleasantly memorable Thanksgiving:**

- **Eat breakfast on Thanksgiving morning**

Since Thanksgiving is traditionally a day of "stuffing," it's natural to think that skipping breakfast will help you cut calories that day. Think again. Research shows that skipping breakfast causes you to experience excess hunger later which can result in poor food choices and excessive portion sizes at your next meal.

Start Thanksgiving Day with a light anchored breakfast containing a healthy carbohydrate, a lean protein and a little healthy fat to keep your energy balanced, your attitude positive, and your Thanksgiving meal reasonably portioned.

### **Here is a healthy breakfast you can prepare in minutes:**

(prep some of it on Thanksgiving Eve)

**Crock Pot Steel Cut Oats\* with 1 tbsp pecans**  
**1 – 2 boiled eggs or organic chicken sausage links**  
**½ cup frozen blueberries for your oatmeal**

**\*Oats Recipe:** Combine 1 cup steel cut oats, 4 cups water, 1 tsp vanilla, a pinch of salt and ¼ tsp cinnamon to crock pot. Cover and cook on low for 8 hours. Makes 4 Servings.

- **Plan a workout into Thanksgiving Day**

Either before the feast or after, getting your heart rate pumping and your endorphins flowing will set the stage for mindful eating and better family tolerance on the big day. (Even a 30 minute brisk walk is beneficial.)

- **Send leftovers home with your guests**

One overindulged meal won't undo months of workouts and healthy eating. To keep your "feasting" to one day, divide and conquer. Split your leftovers and send them home with your guests. Then get back to healthy eating on Black Friday. (P.S. Keep some leftover turkey for yourself for turkey paninis or homemade turkey soup – see recipe on blog.)