

The Thanksgiving Special

FINDING THE BALANCE THIS HOLIDAY SEASON

HOW TO STAY ON TRACK WITH YOUR HEALTH & WELLNESS GOALS OVER THANKSGIVING.

Holidays are filled with sweet treats, family dinners and the bustle of the season. It's tempting to overload your plate and feel like we have lost total self-control when over-indulging in traditional family favorites. Oftentimes, I share two words with my clients, "balance" and "moderation." So what does that REALLY mean and how does one actually apply it to a Thanksgiving meal?

It's simple really. Fill 1/2 your plate with non-starchy vegetables (like leafy greens, green beans, roasted carrots). Then fill one 1/4 of your plate with a protein (slices of turkey without the skin and a tablespoon or so of gravy). Keep higher carb veggies (like stuffing, sweet potato casseroles, bread roll) for the remaining 1/4 of your plate. Using a "balanced plate" concept will help you feel full, happy, and satisfied at the Thanksgiving table.

Uncertain non-starchy vegetables will be an option at your family get together? Tip: YOU bring the non-starchy vegetable dish this holiday season to ensure you are filling up on the RIGHT kinds of carbs. Gobble gobble!

NEED SOME HEALTHY SWAPS FOR DESSERT FAVORITES?



Makeover your sweet treats with these healthy substitutions:

- Brownies: Use a can of pumpkin puree instead of oil and eggs.
- Cakes and Muffins: Use an equal amount of applesauce to replace some of the butter, oil, or shortening.
- Muffins and Sweet Breads: Substitute half the amount of the oil called for in muffins or sweet breads with the same amount of mashed banana.
- Banana Bread, Banana Muffins: Substitute sugar by adding more extra ripe bananas to the mix.
- Brownies, Muffins and Cakes: Use yogurt in place of oil and eggs.

Resource: Vida Health "Healthy Substitutions for Baking."

YOUR THANKSGIVING PLATE



Photo Credit: Fitbit



NEED SOME HELP PLANNING YOUR MENU?

Here are some easy, delicious ideas for every meal of the day, all season long. This holiday season, don't be afraid to try new recipes – you may find a new family favorite and start a new holiday tradition!

Courtesy of Dr. Sears Wellness Institute "Healthy Thanksgiving Recipes."

Appetizer Favorites:

- Pumpkin Yogurt Dip
 - Turkey Meatballs
 - Stuffed Mushrooms
 - Smokey Deviled Eggs
- Click on link for full recipes [HERE](#).

Main Dishes:

- Maple Roasted Turkey
 - Gluten-free stuffing
 - Apple-Stuffed Squash
 - Mashed Cauliflower
 - Cranberry Spinach Salad
 - Greek Green Bean Casserole
- Click on link for full recipes [HERE](#).

Desserts:

- Raspberry Sherbert
 - Dr. Sears Tofu-Pumpkin Pie
 - Martha's Easy Pie Crust
 - Fruit Crisp
- Click on link for full recipes [HERE](#).

Happy Thanksgiving!
From our family to yours!
Gobble-gobble!



THE H² LIFE
— Live well. Live long. —



For more information on health coaching services contact:
Annamarie Hedman, CHC
Email: theh2lifenb@gmail.com
Website: www.theh2lifenb.com
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