

## Turkey, Muffins, and Pie – Oh My!

It's easy to lose sight of a healthy diet... especially at this time of year. The average person consumes more than 3,000 calories on ONE Thanksgiving meal (and 7,000 total on Christmas Day) where the USDA recommends (depending on demographics) individuals consume between 1,300 – 3,000 calories per day.

While it's too late to modify your eating habits for Thanksgiving, there's still time to be conscious of your consumption for December festivities. So what can you do to stay healthy this winter season? Being cautious in the kitchen and staying active are two great answers. (They're also good ways to make sure your annual wellness results aren't skewed if you're planning to get that within the next month or so).

Skip items like dark turkey (especially if it still has the skin) and go for the ham with just 140 calories per three-ounce serving, or a piece of fudge for dessert versus a brownie that contains 112 calories per two-inch square. Be careful, though, as choosing an item with added glaze or toppings could undo your healthy choice. In addition, eat smaller portions and wait 5-10 minutes before getting a second helping to ensure you don't pass "full" status.

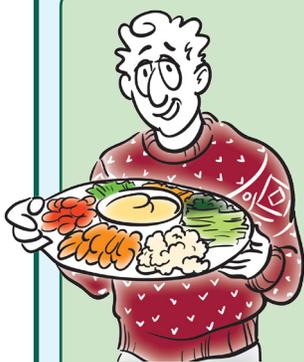
Finally, make sure to stay active! It's easier to skip walks or stay at your home when the cold air surrounds you. But going to the gym or bundling up and taking a brisk walk has the same benefits it did in the summertime. And what's so bad about a holiday walk?



## The Naughty List of Foods

The list has been checked twice. Here's some foods you should avoid this winter.

- Eggnog contains 343 calories per cup in addition to almost an entire day's worth of sugar.
- Thinking about drinking a peppermint white chocolate mocha to help warm you up? It contains 540 calories.
- Cranberries are a great source of vitamins, but cranberry sauce contains over 4 times the suggested daily sugar intake.
- A side of creamed spinach contains 75% of your saturated fat for the day.
- A single Swedish meatball contains close to 400 calories.
- Green bean casserole has more than 7,000 grams of sodium – more than double what the CDC recommends for an entire day!



SOURCES: LiveStrong, ABC News, Health.com, Huffington Post, CalorieKing.com