



November 22, 2016 – Grand Rapids, MI

Dreading Thanksgiving?

Thursday is America's biggest eating holiday, and a lot of us who need to watch what we eat are dreading all the choices we'll have to make. How do you handle it?

Here's my suggestion: give yourself a moderate serving of everything that appeals to you and enjoy it thoroughly. If you absolutely must take a serving of Aunt Minnie's casserole, take a tablespoon or two; as long as you eat some, tradition is maintained and no feelings are hurt.

Then take a breather. Sit and talk with everyone for 10 or 20 minutes. If you want another taste of anything, take a small serving and stop when you've had enough. And yes, have dessert. Then as the day wears on, snack on fresh fruit and vegetables whenever possible. Leftover turkey's a good choice, too, with around 200 calories per 4-ounce serving, about the size of a deck of cards, whether it's light meat or dark; it's slightly less without skin, but if that's what you love, Thanksgiving is the day to indulge. Remember it's not what you do one or two days a year that packs on the pounds—it's what you do every day.



However you handle it, have a wonderful day, and then go easy the rest of the weekend. That's how you win at weight loss, no matter what's going on around you.

Happy Thanksgiving from Paula and me! See you next week.

What are you prepared to do today?

Dr. Chet

WGUV FM 88.5/95.3 **npr** ***Straight Talk on Health***

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