



October 2022 Nutrition E-Bites

The leaves are changing colour, the weather is cooling down and Thanksgiving is ALREADY this weekend. Fall is here!

Many of us are looking forward to our Thanksgiving celebration this upcoming weekend. And without a doubt, one of the highlights for us all is the delicious food to come...stuffing, cranberry sauce, squash, roasted vegetables, turkey, pumpkin pie, and the list goes on.

Along with the excitement and celebrations, many of us start thinking about the foods that are off limit...what not to eat...what to eat... Holidays can always pose as a challenge, since there is often so many choices that we don't have on a daily basis. Some of us tend to have an all-or-nothing approach, while others try a more balanced approach.

This newsletter is dedicated to help you navigate this

1. Go In With a Plan & Stick To It:

Going into any celebratory meal requires some thought to how you are going to keep healthy eating a priority!



Try to find out what will be served at the meal. There is absolutely nothing wrong with asking what's on the menu. That way, you can also decide what might be missing and what healthy dish you can contribute.

Knowing what's on the table will also help you decide what should or should not be scooped onto your plate. Having made these decisions ahead of time will help you keep to it, regardless of the many distractions that day.

Thanksgiving Tip:

"Decide which Turkey Day dishes you can't live without and which aren't worth the extra calories." ⁽³⁾

2. Keep Your Eye on Portions:

Rather than avoiding certain food items (especially items that you love), focus on the amount. A great tip is to keep to one plate and visualize appropriate portion sizes. Check out the image on the right to help you plan your plate.

Thanksgiving Tip:

- "When eating turkey, remember that lighter pieces of meat have fewer calories than darker ones, and taking off the skin reduces fat and calories." ⁽¹⁾
- "Replace salt with herbs and spices."

Replace butter with a more healthful vegetable oil, or substitute fats with an equal amount of unsweetened applesauce when baking." (1)

- "Limit the gravy. You don't have to drench everything in gravy for your food to be delicious – use the smallest amount possible. You'll still get the gravy flavor, but with less fat and calories." (3)

Build a *healthier* HOLIDAY PLATE

VEGETABLE
Sautéed green beans

WATER

PROTEIN
White-meat turkey

DAIRY
Low-fat yogurt parfait

FRUIT
Fresh cranberry sauce (not canned)

GRAIN
Whole-grain apple and chestnut stuffing

- 1 Choose a plate that is **9 inches in diameter** to maintain proper portion control.
- 2 **Divide plate into quarters**, with the vegetable section making up a little over a quarter.
- 3 Try to eat at least **three out of the five food groups**.
- 4 **Drink water** instead of calorie-heavy juices and sodas.

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3. Don't Drink Your Calories:

Keep to low calorie beverages such as carbonated water & teas.

If you choose to drink, limit alcohol to 1 serving (for women) & 2 (for men) for the day!

What's a serving? 4 oz wine, 1.5 oz spirit, 12 oz beer

Thanksgiving Tip: "Halve your cocktails by having a glass of water or sparkling water between each alcoholic drink. This will leave less time or room to overindulge." (1)

4. Include Physical Activity in Your Plans:

Plan to go for a walk soon after your Thanksgiving meal.

This is a great way to step away from the table, burn some calories, get your blood flowing, and enjoy some fresh air!

5. Enjoy Yourself & Ditch the



Negative Self-Talk:

Even with our best efforts, there is no doubt that many (if not all) of us overindulge during the holidays - the temptations, smells, friendly nudges from our family members to "have more" or "try this", and the once a year specialty items, can be very hard to resist...and this is totally OKAY!

Healthy eating is all about balance. Practice positive self-talk and don't let feelings of guilt or shame take control! Re-assure yourself that one day or one meal won't cancel out all your previous hard work and successes.

Tomorrow is a new day and a perfect time to get back on track. Perhaps...

- scale back on your portions
- "go light" with vegetable-based soups & salads for lunch/dinner
- use less fats and oils in your meals to save the extra calories hidden in your Thanksgiving meal
- skip the grains if you had a few extra helpings of stuffing & sweet potatoes

Lastly: Always reflect on what worked & what didn't work so well at the Thanksgiving table so that at the next holiday or gathering, you won't walk away feeling "guilty" about your meal decisions!

Interested to find out what's on a Dietitian's Thanksgiving plate?

Check out this 5 minute video from Dietitian Tracy Lockwood Beckerman for more Thanksgiving tips!

YOU
VERSUS
FOOD

WHAT'S ON A DIETITIAN'S THANKSGIVING PLATE



Fall Inspired Recipes



Sesame Sweet Potatoes with
Green Onion
by *Melissa Traub*



Roasted Vegetable and
Chickpea Stew by *chefjen*



Hearty Lentil Soup
by Heather Mangieri



Apple Pie Oat Smoothie
by Marissa Moore



Lemon Garlic Roasted
Asparagus Side Dish
by Amy Gorin



Colourful Cabbage Salad with
Apples, Walnuts and Cranberries
by mom's kitchen handbook



Pumpkin-Cranberry Quinoa
Salad
by Edwina Clarke



Farro Risotto with Butternut
Squash and Sage
by Ginger Hulton Nutrition



Roasted Vegetables & Pecans
with Wild Blueberry
Balsamic Sauce
by Brittany Poulson



Five Ingredient Pumpkin
Pudding
by Homemade Nutrition



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