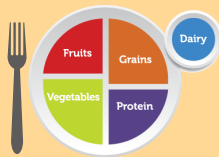


# Gobble it up!



Feast on these Thanksgiving tips for a healthy holiday!



## Portion Size

Use a smaller plate or fill your plate with smaller portions so that you can finish your meal and feel satisfied without overeating.



## Drink Less Sugary Drinks

Drink water or other calorie-free beverages, such as unsweetened tea in order to avoid consuming empty calories. Try fruit or vegetable infused water to add a flavor boost to your drink.



## Sharing is Sweeter

When eating desserts, choose the smallest size or consider sharing in order to limit your sugar intake. Try baked apples with a sprinkle of sugar instead of apple pie.



## Family Fun

Enjoy the company of others! Make being active part of your holiday tradition and have fun walking and talking with family after a holiday meal.

*Happy Thanksgiving!*