HealthReach Community Health Centers



Have a Healthy Thanksgiving

Avoid Overeating

- Choose foods that are unique to the season
- Eat meals and snacks regularly throughout the day
- Eat slowly allow yourself to enjoy the food you are eating

Help Guests Eat Healthier

- Provide take-home containers for guests
- Serve food on smaller plates with smaller serving utensils
- Swap ingredients for healthier options when possible

Get Active

- Include family and friends in a walk, hike, or football game
- Get on your feet by offering to help clean up after dinner

Resources:

https://newsinhealth.nih.gov/2016/11/healthy-holiday-foods-fun https://newsinhealth.nih.gov/2015/12/delicious-healthy-holiday-eating http://www.health.com/health/gallery/0,,20545918,00.html

Developed by VISTA member McKenzie Gray serving with HealthReach Community Health Centers. This material is supported by a grant to the Goodwill VISTA Partnership from the Corporation for National and Community Service.