



# *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>