

## Thanksgiving does not mean waistline-giving

A thanksgiving meal around the dinner table is always a great time to give thanks to family, friends and loved ones. While we indulge in mouth-watering foods, we need to be mindful of how much we are eating. Keeping our portion sizes in check during the thanksgiving meal, or any holiday meal, is important to ensure we are not overeating and putting on a few extra pounds and expanding our waistline.

You can still try a variety of foods while keeping your food portion sizes in check. Here are a few tips:

- Fill half your plate with vegetables, one-quarter with turkey (or the meat and alternative option), and the remaining with grains, such as stuffing and potatoes
- Have cranberry sauce on your turkey instead of gravy, which is higher in fat and calories
- Hold the salt at the table
- Drink plenty of water instead of going for sweetened and alcoholic beverages
- If you are to have an alcoholic beverage, stick to the recommendations, which are 1 drink per day for women and 2 drinks per day for men
- If you go for dessert, be selective with what you choose. Just take small servings or share a larger portion with a person or two

If you are thinking about going for seconds, wait for twenty minutes before doing so as this is the amount of time needed for the brain to sense how full you are.

If you are planning the thanksgiving meal, here are a few tips that you can make it a healthier meal:

- Use fresh herbs and spices for seasoning instead of salt
- Provide sweet potatoes instead of baked potatoes
- Offer low-calorie drinks, such as water with lemon, tea, coffee instead of sweetened and alcoholic beverages
- Offer fresh fruit as a dessert option

Keep in mind that a little overindulgence during a holiday meal will not break your overall eating plan. Spend more quality time with family and friends by doing something physically active such as walking around the neighbourhood.

### **For more information:**

[Eating Well with Canada's Food Guide](#)

[Put an End to Portion Distortion](#)

[EatRight Ontario: 10 tips for a delicious and healthy holiday season](#)

**Do you have questions on nutrition and healthy eating?** Contact *EatRight Ontario* at 1-877-510-5102 to speak to a Registered Dietitian.