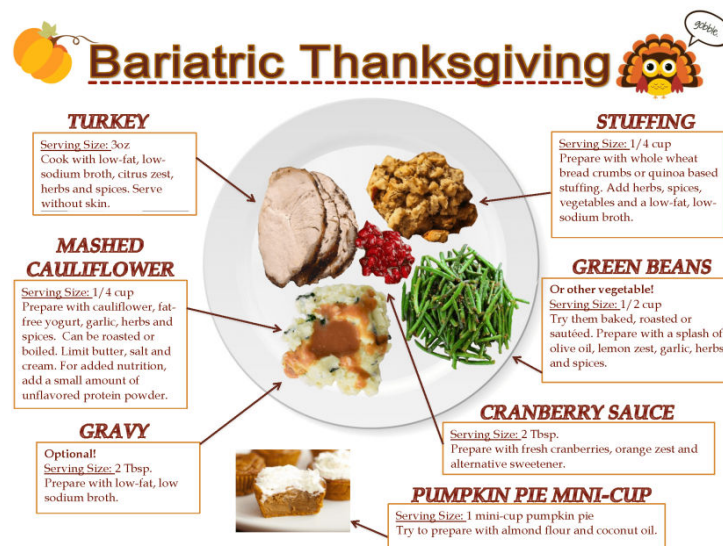


Strategies to Surviving Thanksgiving



- Cooking Ideas: Use low sodium broth, no added sugar cranberry sauce, swap in whole grain bread for stuffing, use Stevia for baking pumpkin or apple pie. Try applesauce instead of butter, use low fat cream in a casserole.
- Do not arrive at the table hungry, this may lead to overeating, or feeling uncomfortable. Include breakfast! This helps to prevent you from eating too quickly because you are hungry.
- Protein first! Be sure to focus on eating protein-rich foods. Take 2 bites of turkey, one bite of veg, repeat. Consider a protein/nutrition shake or protein snack before your Thanksgiving meal so you are not waiting all day to eat.
- Pass on alcohol or sugary beverages. It is highly recommended to avoid consuming alcoholic or sugary, caffeinated beverages with your meal. Be sure to get plenty of water/liquids throughout the day.
- Keep moving! Add some type of movement or exercise as part of your day. Start a new Thanksgiving tradition for yourself and invite others for a walk after your meal.
- Eat small plates, slowly. Take time to slowly enjoy your meal. Creating a balanced, portion-controlled plate is essential to keeping you satisfied.
- Eat Mindfully: Put your fork down between bites. Enjoy the day with family/friends!

The Weight Loss Center at SOMC.

Cranberry Sauce

Cranberry sauce on the shelf is highly sweetened to balance out the intense tanginess of the fruit. It's very easy to make your own using sugar-free sweeteners. All you will need is :

- *1 Cup of water*
- *12 Ounces of fresh cranberries*
- *1 Cup of granulated Splenda*
- *1 Cinnamon stick*
- *2 Tablespoons of freshly grated orange zest*

Wash and clean the cranberries, and then bring the 1 cup of water to boil in a medium saucepan. Add all the ingredients and simmer until the cranberries have opened up and are soft and pliable. Add additional zest or Splenda to fit your tastes.

