



3 Considerations to Enjoy Turkey Day 2023

Without Sabotaging Your Health Goals

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1. Uncover the true mentality.



Maybe you're actively striving to improve your health and have been consistently disciplined, or you simply want to avoid the bloated and uncomfortable feeling of overeating, putting a damper on the day prematurely, this same information applies to you.

If you're approaching Thanksgiving Day as a "free-for-all", or "cheat day" you're already setting yourself up for failure.

Instead of this mentality, make the swap to a healthier mindset that empowers you to enjoy the feast, realistically. Remind yourself (and believe it too!) **no single item is off limits for indulgence.** Allow yourself to enjoy ANY food or dessert that you're craving – *but there's a catch.*

Moderation is key (listen to your body – when it's getting full or you've satisfied the cravings) and understand there are consequences of overindulging in too many items or too much of one item. Take a moment to think about what you're thinking about, heading into the feast – whether you're hosting, or a guest, or the party is at 12pm or 7pm.

Take ownership of the "unhealthy" food choices you decide to make, knowing that you have opportunity to balance out healthier options with less healthful options.





2. Don't be mistaken.

Many classic Thanksgiving dishes at their roots are very healthy foods in whole form, **but many of the dish/casserole forms have added calories, sugars, fats, etc.**

Be mindful that 4 cups of sweet potato casserole isn't doing your body a favor – it's breaking down to sugar just like the pumpkin pie would.

Hack: knowing this, choose the “closest to whole food” form when it's appealing/depending how strict your health goals, and be mindful to not overload on the “added sugar + fat form” , as possible.

Example:

Green beans ----> green bean casserole

(adds calories from fat and carbs in the creamy sauce portion and the fried onion toppings for a crunch)

Sweet potatoes ----> sweet potato casserole

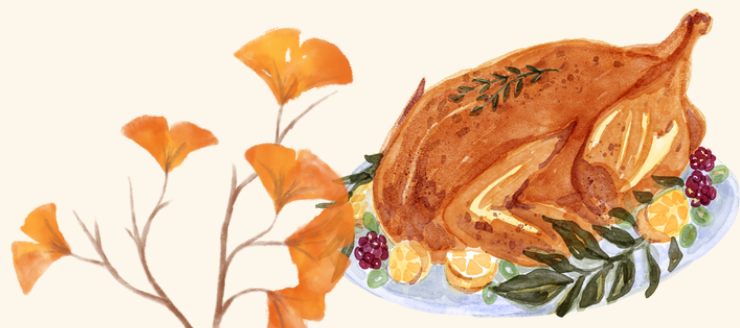
(usually made with loads of butter and brown sugar)

Corn ----> corn casserole

(added calories from fat and carbs in the creamy sauce)

Anything your grandma makes...

(I promise it has loads of butter and that's why it tastes so good ;). by the way, give your grandma a hug! Still reading?



3. Before the feast

The timing of Thanksgiving feast varies from family to family. 12pm? 7pm? *Did you know that in one Thanksgiving meal the average American will consume 3,000 calories (which is more than the average calories recommended to be consumed for most people on a daily basis!)?!* **Sometimes a Turkey Day meal actually bleeds over into an entire day's worth of indulging, which can wreak havoc on achieving your health goals.** It's wise to think about the "before" the day starts and meal is served.

Fasting:

This is a good option for anticipation of a big meal. *Simply refrain from all food and caloric drink leading up to the meal.*

- 12 hour fast = basic,
- 14 hour fast = most people can do this with ease and minimal discomfort
- 16-18 hour fast = *Sarah giving you a high five cause you're in beast mode but please make sure you stay hydrated and are aware of how your body is feeling*

Tip: breaking your fast, choose a protein source (eat a hard boiled egg – not sexy, I know, but trust me), rolled up turkey or ham slices with cheese, or mixed nuts for example, to ease your body back into eating before the feast.

Snack:

- If you're waiting for the "big meal" and don't want to fast, make your snacks or meals focused entirely on protein sources (eggs, meat, yogurt, cottage cheese, peanut butter, etc) and vegetables (carrots, cucumbers, leafy greens, bell peppers, celery, etc) leading up to the meal. You are creating "room" to enjoy more calories in the upcoming meal than you typically would.



Great Choices! Take Seconds!

turkey
brussel sprouts
roasted carrots
sweet potatoes/yams
beets
corn
harvest salad (any mixture of “greens”)
pumpkin seeds
cole slaw
cheese and whole grain crackers
iced tea with lemon
sparkling water

Enjoy in Moderation

stuffing
sweet potato casserole
creamed corn or corn casserole
bread rolls with jam
green bean casserole
cranberry sauce
pumpkin roll
pecan pie
cookies/other desserts
fruit punch
alcohol
apple cider



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