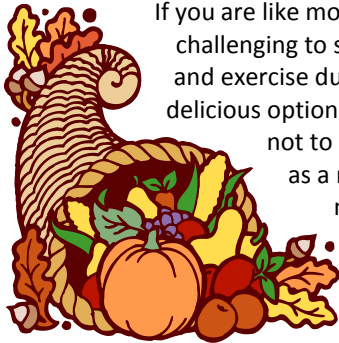


Stay Healthy This Thanksgiving

By: Angie Kuhn, BS, MSc; Edited by: Erika Ford, RD, LD



If you are like most people, you may find it challenging to stay on track with healthy eating and exercise during the holidays. With so many delicious options available, it can be very difficult not to overeat. Why not use this time as a new window of opportunity to make healthy changes that will flow into the New Year? Here are some tips to help you get started:

Try a Turkey Trot

There are various races in West Virginia held on Thanksgiving Day. They are typically a 5k run or walk, but many offer shorter distances as well. Get your friends and/or family involved or meet new people at the race.

Practice Mindful Eating

It is easy to graze on holiday snacks and treats. These calories can add up quickly. Instead of nibbling all day, use an 8 or 9 inch plate and pick 2-4 small portions of your favorite choices. Sit down at a table and try to enjoy every bite. Chew slowly and thoroughly. This might be so satisfying that you will not want to finish the entire plate.

Distract Yourself from Food

It is easy for the food to be the center of Thanksgiving. Instead, use board games or card games as a way to bring everyone together. Also, going for a walk outside can be a simple way to get some fresh air and catch up with a family member.

Choose Healthy Options

Last but not least, try to fill your plate with healthy options and 1-2 of your favorite Thanksgiving foods. Pick the foods that are specific to this time of year. Omit filler foods that you can have on other days of the year, such as dinner rolls. You could also try bringing your own healthy alternatives, such as sweet potato brownies in place of candied yams.



If you'd like to learn more about healthy holiday choices, contact a registered dietitian today and /or check out www.eatright.org.

Sweet Potato Brownies

Ingredients:

Brownies:

- ½ avocado, pitted and peeled
- 1 cup cooked sweet potato puree
- ½ cup applesauce
- ¼ cup honey
- 4 eggs
- ¼ cup flour
- ½ cup cocoa powder
- ½ teaspoon salt
- 1 teaspoon baking powder

Frosting:

- 3 tablespoons honey
- 3 tablespoons peanut butter
- 3 tablespoons cocoa powder
- 2 tablespoons almond milk
- ¼ teaspoon salt

Directions

Brownies:

1. Preheat oven to 375 ° F.
2. Line 8x8 pan with parchment paper.
3. In a bowl, combine avocado, sweet potato, applesauce, and honey. Once creamy, add in cocoa powder.
4. Add eggs one at a time.
5. In a separate bowl, combine flour, salt and baking powder.
6. Combine both mixtures until smooth.
7. Transfer to pan and bake for 25-35 minutes.

Frosting:

1. Combine all frosting ingredients in a medium sized bowl and mix until creamy and smooth. Frost once brownies are cool.

Angie is currently a Dietetic Intern at WVU Healthcare and plans to become a registered dietitian. As the nation's food and nutrition experts, registered dietitians are committed to improving the health of their communities. To find a registered dietitian in your area, visit www.eatright.org and click on "Find a Registered Dietitian."