



## *The Nutrition by Tanya Thanksgiving Guide 101*

(For the full version with more details, visit our blog <https://nutritionbytanya.com/blog/>)

### *Thanksgiving DO's & DON'Ts*

- ✓ DO- Eat breakfast and all your meals and snacks as usual.
- ✓ DO- Drink a lot of water throughout the day and 2 cups of water right before the meal.
- ✓ DO- Find out the menu ahead of time if you're a guest so you can prepare yourself.
- ✓ DO- Offer to bring a salad or a healthy dish.
- ✓ DO- Eat the white meat only, not dark.
- ✓ DO- Fill up at least half your plate with salad and vegetables.
- ✓ DO- Cheat smart. If you're going to cheat, do so in the right way.
  
- ✗ DON'T- Have stuffing. Or up to a 1/2 cup.
- ✗ DON'T- Have cranberry sauce from a jar. Make your own instead.
- ✗ DON'T- Have pumpkin pie or mashed potatoes. Have butternut squash or a small sweet potato instead.
- ✗ DON'T- Have apple pie. Instead, have a baked apple with some oats on top or just add cinnamon.

Wishing you a deliciously healthy and thankful Thanksgiving.

*Tanya*

## Myth: Turkey is fattening

Fact: Turkey is a great source of protein.

- ✓ Skinless turkey is low in fat.
- ✓ Turkey meat is a source of iron, zinc, potassium, and phosphorus.
- ✓ Turkey can help lower cholesterol and help keep insulin levels stable.

## SO WHY THE BAD REP?

- ✗ Turkey can be very high in sodium, especially when packaged.
- ✗ Turkey skin is high in fat.
- ✗ Some meat, particularly pre-packaged slices can be processed and contain other substances.
- ✗ Large amounts of tryptophan can make you sleepy.
- ✗ AND... Obviously adding all the thanksgiving goodies like pumpkin pie, cranberry sauce, etc., packs on tons of calories and fat.

So go ahead, enjoy one portion of white meat, fresh turkey without the skin this Thanksgiving!

## Cranberries:

- High in antioxidants
- May help prevent UTI's (urinary tract infections)
- High in fiber
- May help control your blood sugar
- Can improve digestion
- Can help fight gum disease
- Can lower your cholesterol

## Leftover Turkey? No Problem!

**Turkey is an excellent source of protein and well... it's DELICIOUS! Those Thanksgiving turkey leftovers most certainly have a place... in our stomachs!**

Get creative with some dishes that incorporate those leftovers.

- Grab your favorite veggies and leftover turkey, and wrap it in some cabbage leaves for a healthy wrap.
- Slice up some leftover turkey and toss it onto a salad.
- Whip up some vegetable soup with broth and throw in some turkey cubes.
- Layer a leaf of lettuce, a large slice of tomato, and some onion on top of a thick turkey slice. Poke in some toothpicks through the layers and cut up into finger food.

## How to keep your turkey moist

- Choose fresh over frozen- fresh will always come out tastier and juicier
- Keep the skin on during cooking to maintain the moisture (remove before eating)
- Brine your turkey (you can search methods on Google)
- Cook the stuffing separately- avoid stuffing the cavity of the turkey as it will take the turkey longer to cook which results in drier meat
- A thermometer is your friend and will help you make sure the turkey is fully cooked without overcooking it
- Let the turkey rest for 20 minutes before carving to allow the juices to redistribute throughout the turkey after cooking
- Skip the basting to avoid opening and closing the oven so that the temperature fluctuations don't dry out the turkey

## Thanksgiving Vegetable Platter

It's easy to get lost at the Thanksgiving dinner table with so many food options; but a vegetable platter is a great way to fill up on healthy choices and stay focused on your goals. It's colorful, appealing to the eye, can include a huge variety of vegetables and you can put several types of dressing on the side as well... including of course, the healthier versions.

Some vegetables can include:

Cherry and grape tomatoes, baby carrots, celery sticks, broccoli, cauliflower, sugar snap peas, string beans, zucchini sticks, peppers, sliced cucumber, brussel sprouts, asparagus, kohlrabi, beets, mushrooms, fennel, baby artichokes, and more. So many options!

## Sweet Potato Pie

**Did you know that a single slice can contain over:**

- 300 calories
- 20g of fat
- 20g of sugar
- 50g of carbohydrates

**Avoid the store-bought pies and make sure to select the healthier recipes that omit sugar, crusts, and other unnecessary ingredients. You won't believe how delicious HEALTHY tastes.**

## Myth or Fact?

### Skinless Turkey Has Less Calories & Fat

It does have fewer calories and fat, however, not by THAT much. While the skin is the highest in calories and fat, the calories you save by removing it before baking, are not significant enough to do so. It's more of a moisture catcher so you can keep the skin on so that your turkey maintains juiciness during cooking, and be sure to remove the skin before eating.

Wanna see our Thanksgiving video?

Search our YouTube channel for :

“Tanya and Rachel with Some Thanksgiving Tips“

Or copy and paste the link below:

<https://www.youtube.com/watch?v=QIn68YBSiO4>