

*WHAT TYPE OF EATER  
ARE YOU ON THANKSGIVING DAY?*

- ARE YOU A PICKY EATER?  
OR DO YOU GOBBLE UNTIL  
YOU WOBBLE?

Thanksgiving Day is approaching, and we know that we will probably end up eating more than we should. We will likely overeat and overindulge ourselves with all the yummy treats on the table.

Do you know what? There are some useful tips you can follow to avoid feeling stuffed like a turkey yourself. Here are some dos and don'ts to follow before, during or after feasts like Thanksgiving or Christmas dinners. Follow our healthy advice and you will have one more thing to be thankful for!



Tips on how to go through Thanksgiving without feeling stuffed like a turkey yourself.



Never forget these tips but remember they are useful all year round, not just for Thanksgiving Day. And don't forget the most important thing is enjoying your time with your family, not eating!.



## DURING THE FEAST

- Eat slowly.
- Avoid finger foods or your stomach will be really full before tasting the turkey!.
- Eat the special stuff, that food that you never eat during the rest of the year. And eat small portions of food you can eat everyday.
- Drink alcoholic beverages moderately, or... preferably, drink water or light drinks.
- Stop when you are full! Essential, but not so easy!
- Eat desserts with fruit! It's healthier too!



## BEFORE THE FEAST

- Start the day doing exercise so that your metabolism is running high.
- Drink a glass of water with lemon before breakfast. You will feel full for a while at least.
- Just drink a smoothie when you are hungry.
- Eat healthy starters before the dinner.



## AFTER THE FEAST

- Go for a walk to lose extra calories, instead of relaxing on the couch. For sure you prefer sleeping on the sofa but it's better for your health if you don't do it!
- Brush your teeth. That will stop you from eating again as your breath is fresh again!
- Go back to hot water with lemon!.