

Thanksgiving Thoughts

What is your favorite part of the Thanksgiving meal? Some people respond to this question with, 'Turkey, of course'. However, many people's minds would immediately think of all of the delicious side dishes associated with this holiday, like stuffing, soup, and green bean casserole. Can those sides be as healthy as the rest of the meal? With some sneaky tricks this holiday season, you can indulge yourself in tasty foods, and do it the healthy way!

Stuffing is a major part of the feast on "Turkey Day". It's moist feeling and yummy taste is just irresistible. Instead of using butter or margarine to moisten up your stuffing, an alternate option is low sodium chicken broth. If you like your stuffing drier, add a couple of vegetables to soak up the broth instead of bread. This overall change could lessen your calorie intake by around 250 calories per

serving.

Soup is a great way to start off your meal. People often use cream based soups as an appetizer. Despite the good taste, these soups are often high in fat and calories. Tomato, chunky vegetable, and some of the clear soups are probably the healthiest when deciding which soup to serve. Eating soup before this big meal would fill you up so you are not as likely to binge on unhealthy desserts afterwards.

Green Bean Casserole is a Thanksgiving classic. Unfortunately, it is traditionally high in sodium, calories, and saturated fat. To make this side a little more healthy, choose to create your own creamy sauce with fresh mushrooms instead of using canned mushroom soup.

Thanksgiving is a time to spend family and friends over delicious food. These simple tricks should make your holiday healthier and happier.

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