

Small decisions for smaller waistlines

23 November 2017, by Katie Williams



Credit: University of New Mexico

'Tis the season for big decisions: what to get for gifts, and for whom. Where to eat and what. And each is connected to a gathering filled with merriment where your waistline tends to suffer from all the joy. This holiday season let small decisions make a big difference when it comes to your health.

Thanksgiving 101

Unless you are friends with a vegan chef, there's a likelihood of you being served traditional Thanksgiving food. While this isn't all bad news, especially if you enjoy grandma's pumpkin pie, there are choices you can make in an effort to forgo maxing out your daily calorie count.

Eat:

- Skinless, light turkey meat. Dark meats have a higher fat content.
- Sweet potatoes over [white potatoes](#). Sweet potatoes have fewer calories and carbs and more Vitamin A & C.
- Use whipped butter instead of regular. The whipped has more air, thus less fat.
- Fresh cranberries instead of canned due to high fructose corn syrup filler.
- Gravy made from turkey drippings not canned or in a jar made with a high sodium

and fat content.

- Bread with grain vs white bread rolls.
- And finally, enjoy grandma's pumpkin pie.

While all pie contains sugar, [pumpkin pie](#) has the lowest calorie content per slice (133 gm). Not per ¼ of the pie—know the difference. It should be noted that all of these decisions are moot without portion control.

- Another small effort for your waistline is a short walk.

30 minutes to be exact. By walking briskly for 30 minutes you can burn around 90 calories. Grandma's pie equals a two-hours walk, so maybe while you shop on Friday, you'll park farther from stores in an effort to bank steps.

And remember the only liquid that's your friend is water. It helps the liver metabolize fat, and makes you feel full.

Your skin and energy level will thank you.

Provided by University of New Mexico

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