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## Best and Worst Thanksgiving Foods

It's perfectly all right to indulge at Thanksgiving dinner. After all, this special day comes just once a year, and you don't want to miss the opportunity for a few of your favorite treats such as; seasoned stuffing, creamy potatoes, juicy turkey and of course, pie. But for all its bad reputation, Thanksgiving is a wonderful holiday to eat healthful foods that still satisfy your cravings. Unlike candy-centered holidays like Halloween, Thanksgiving's main event could easily feature several nutrient-rich dishes, and no one at your table would be any wise to the improved offerings.

"Thanksgiving is a holiday where there's plenty of opportunity to eat healthy," says Wendy Kaplan, M.S., RDN, CDN. "Staples such as green beans, Brussel sprouts, sweet potatoes, cranberries, corn, pumpkin and turkey are all nutrient-rich options to pile on your plate." The key is to tweak some of the traditional recipes to make them a bit healthier before you dig in and focus on choosing some of the better options on this list. Remember though, Thanksgiving is just one day. Keep your feast somewhat healthy by making sure some of the best foods are on your plate, but don't forgo your favorites. And be sure to turn your leftovers into healthy dishes like leftover Turkey Salad or Cream of Turkey & Wild Rice Soup. Here are some ideas on how to turn Thanksgiving's most unhealthy traditional foods into some of the best.

### **Worst: Sweet Potato Casserole**

### **Best: Roasted Sweet Potatoes**

Virtually any other preparation for sweet potatoes is better than the classic casserole. Roasted, baked, boiled, mashed- they all serve up delicate sweetness and lots of fiber, potassium, iron, magnesium and vitamin C if you limit the amount of butter and keep the added sweeteners to a minimum.

### **Worst: Boxed Stuffing**

### **Best: Whole-Grain Stuffing**

Whole-grain options like whole-wheat bread are a better base for Thanksgiving stuffing because they're naturally more flavorful than white bread. The bread's toasty, nutty flavors are enhanced with fresh spices and low-sodium chicken broth. Whole-grain breads are full of fiber and other nutrients. Fiber is filling and good for our digestion and gut health.

### **Worst: Pecan Pie**

### **Best: Pumpkin Pie**

Yes, the classic Thanksgiving dessert gets the check mark. "Pick pumpkin pie for fiber and beta carotene," says Becky Kerkenbush, M.S., RD-AP, adding that you should "skip the whipped cream topping and ice cream, too." Keep the total sugar count low as possible-pumpkin has a wonderful natural sweetness-and use maple syrup to add delicate sweetness to the filling before baking. Don't be shy with spices like cinnamon and nutmeg, which can make the pie seem sweeter without the additional calories.

### **Worst: Ham**

### **Best: Roasted Turkey**

Turkey is rich with protein, and it can be quite lean. Turkey also provides iron, zinc and potassium. The key with the Thanksgiving turkey, however, is to prepare it in such a way that you highlight its delicious natural flavor without adding unnecessary calories and sodium. Healthy doesn't mean dry and flavorless. "Add fresh herbs, olive oil, salt, and pepper to the breast and stuff with any variety of aromatics such as lemon, apple, onions, garlic, rosemary, and sage," Huggins says. White meat is leaner than dark meat, but dark meat boasts a richer, more intense flavor. Choosing white-meat turkey over the dark meat will save about 50 calories in 3 ounces, so if you love dark meat, go for it.

Holland, Kimberly. "Best and Worst Thanksgiving Foods." *EatingWell*, <http://www.eatingwell.com/article/32423/best-and-worst-thanksgiving-foods/>.

# Recipe of the Month: Cream of Turkey & Wild Rice Soup



**Kristi**



**Damian**



**Toni**



**Michael**



**Abby**



**Eija**

## Directions

1. Heat oil in a large saucepan over medium heat. Add mushrooms, celery, carrots and shallots and cook, stirring, until softened, about 5 minutes. Add flour, salt and pepper and cook, stirring, for 2 minutes more.
2. Add broth and bring to a boil, scraping up any browned bits. Add rice and reduce heat to a simmer. Cover and cook until the rice is tender, 5-7 minutes. Stir in turkey (or chicken), sour cream and parsley and cook until heated through, about 2 more minutes.



## Ingredients

- 1 tbsp extra-virgin olive oil
- 2 cups sliced mushrooms (about 4 ounces)
- ¾ cup chopped celery
- ¾ cup chopped carrots
- ¼ cup chopped shallots
- ¼ cup all-purpose flour
- ¼ tsp salt & pepper
- 4 cups reduced-sodium chicken broth
- 1 cup quick-cooking or instant wild rice
- 3 cups shredded cooked chicken, or turkey (12 ounces)
- ½ cup reduced-fat sour cream
- 2 tbsp chopped fresh parsley

Prep: 35min

Ready in: 35min

## Dr. Bozena Pisla Khalil PT, DPT



Originally from Long Island, NY Dr. Bo has been practicing physical therapy for over 20 years. She has diverse experience working in private practice, hospitals, and rehab centers.

Dr. Bo works with class IV anti pain/ anti inflammation laser and/or shockwave/pressure wave therapy. As well as Photo biomodulation therapy, Whole Body Vibration combined with Pulsed Electro Magnetic Frequency.

Dr. Bo always aims to eliminate the client's pain or discomfort however, chasing pain is not her main goal. Her goal is to discover why we have the pain, to fix and prevent the pain from recurring.