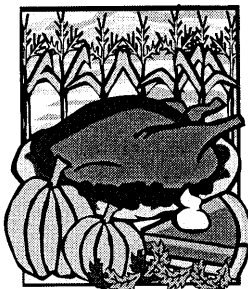




Nutrition News
Hartford Public Schools
Department of Food Services and Nutrition Education
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Eat Light for a Few Days and Cash in on the Calories on Turkey Day



The average adult needs between 1,800 and 2,000 calories a day. At a typical Thanksgiving dinner, adults eat between 2,500 and 4,000 calories. Although, it is possible to gain about half a pound by overeating on Thanksgiving Day, most people will not, especially if we follow a few tips including:

- ❖ **Exercise-** before or after dinner or plan to work out the day after Thanksgiving
- ❖ **Do not go to the table hungry-** eat fresh fruit or raw vegetables approximately one hour before your meal. Other



choices are vegetables with fat free dip, baked corn chips with salsa, or pretzels and fat free popcorn. Serve low calorie beverages such as mineral or seltzer water, or spritzers. If you are starving, when you come to

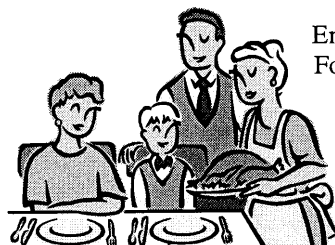
- the table, you will be more tempted to overeat
- ❖ **Watch out for the extras-** butter, sauce and gravy add a significant amount of calories and fat. Reduce the fat in the gravy by skimming the fat off
- ❖ **Reduce the fat in the stuffing-** bake it outside the bird
- ❖ **Choose desserts with fruit-** although they still have calories, they will probably have less fat



- ❖ **Choose fresh foods-** simple trimmings prepared from fresh produce are likely to be lower in calories and fat- baked sweet potatoes instead of candied yams

- ❖ **Watch your portions-** you can have everything on the table, if you just have a small portion of each item (A small portion is 1- 2 Tablespoons)
- ❖ **Don't drink too much-** alcoholic beverages increase your caloric intake and make you want to nibble more

Things to Remember:



Enjoy your family and friends. Focus on them and not the food.

Keeping fit is a marathon, not a sprint. We should be concerned about the long run, not a short term gain or loss.

Thanksgiving Dinner Equivalents

2,500 calories
5 Big Macs
14 Medium Brownies
144 Slices of Bread
260 Fresh Whole Apples
419 Cups of Broccoli
433 Raw Whole Carrots

Working off Thanksgiving Dinner

12 Hours of Walking
7 Hours of Swimming
4 Hours of Running
10 Hours of Biking
6 Hours of Tennis
4.5 Hours of Aerobic Dance

Source: University of Alabama Birmingham

Did you know:



Plymouth Governor William Bradford declared a feast to give thanks to God for their first harvest. The Native American Wampanoags were invited to join the 52 Pilgrims for this three day feast. They served wild turkeys, geese, duck, deer, lobster, clams, oysters, and fish. The feast also included cucumbers, carrots, cabbages, turnips, radishes, onions, beets, corn and wild dried fruits.

Thanksgiving has drawn families and friends together since it began in 1621. It is a beautiful thing, and we in the Food Services and Nutrition Education Department hope you enjoy it thoroughly.

Twinkling but Shrinking Stars in the Schools

The Montessori School, Martin Luther King, SAND, Simpson Waverly Elementary and the Food Service Office staff are competing for the most weight lost by ten members in 6 months. Joan Moran, R.N. at



Bulkeley, and Barbara Ross, R.N. at Sport and Medical Sciences have teen Shrinking Stars groups. If you would like to have a Healthy Weight Loss plan presented to your group, please call Susan Davis, R.D. 695-8596. Remember **"Eat Less and Move More!"**

Nutrition Education Classes

Nutrition Education classes can be scheduled for parents and students (Pre- K- High School) by calling Susan Davis 695-8596