Thanksgiving is just around the corner, and everyone has their own reasons to be thankful. It can be easy to forget about your diet while enjoying time with family and friends. However, it doesn’t have to be! There are plenty of ways to enjoy the holiday season while still maintaining a healthy lifestyle.

**Tip 1: Turkey**

This Thanksgiving staple is an excellent source of lean protein. Get the most from this holiday favorite by removing the skin, and eating white rather than dark meat. This will help to save on calories and fat.

**Tip 2: Broccoli Casserole**

Often made with high-sodium condensed soup and lots of cheese, this dish eliminates the nutritional profile of broccoli. Instead, try roasting fresh broccoli florets in the oven, or sautéing them in garlic, olive oil and lemon juice.

**Tip 3: Sweet Potatoes**

Mashed sweet potatoes are loaded with vitamin A and are a healthier alternative to mashed potatoes. Sweet potatoes are named, as such, for a reason: so there is no need to top with marshmallows and brown sugar!

**Tip 4: Get Outside**

It can be easy to stay inside watching football on Thanksgiving. If this is something you can’t miss, then try signing up for a morning Turkey Trot with friends and family, or, grab a football and start a game of touch football!

**Tip 5: Enjoy Time with Family and Friends**

Don’t lose sight of what Thanksgiving is all about. Enjoy the break by spending time with family and friends, and most importantly... relax!

**Tip 6: Pie**

What’s a Thanksgiving meal without pie? Pumpkin pie is the best choice and a good source of vitamins and minerals. Fresh fruit pies, such as apple and blueberry, are better choices than pecan or cherry pie, which are often loaded with added sugars. Enjoy a small slice to finish your meal!

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