



ANSWERS:

1. Roast turkey, white meat, skin on. While many consumers might assume that a sugary-crueted, cured Ham would contain more Calories than white meat turkey, leaving the skin on is a major no-no. A 4 oz serving on white meat turkey with the skin intact contains 190 Calories, while an identical 4 oz serving of turkey with the skin removed contains 150 Calories. Meanwhile, a 4 oz serving of Honeybaked Ham will cost you 170 Calories.

2. Sweet Potato Casserole Thanksgiving side dishes tend to contain more calories and fat than the main course. While mashed potatoes, stuffing, and sweet potato casserole are all calorically dense and high in fat, the sugar-cloaked nature of sweet potato casserole puts it over the top. Clocking in at 630 calories per cup, this is one side dish to skip if you plan on eating dessert. By comparison, a cup of mashed potatoes with ¼ cup of gravy contains 250 calories, while a cup of stuffing contains 360.

3. Pecan Pie. Clocking in at 500 Calories, Pecan Pie owes its higher calorie mark to calorically dense ingredients. While all desserts are high in sugar, it's the amount of fat in Pecan Pie that sets it apart from other pies. By comparison, a slice of Apple Pie contains 450 calories, and a slice of Pumpkin with Whipped Cream contains 360 Calories.

HOLIDAY TIPS

1 Eat only when you are hungry & not because food is near.

Be realistic. Trying to lose weight during the holidays may be a self-defeating goal. Instead, strive to maintain your weight.

Beware of liquid calories; eggnog, beer, soda, wine. They go down so easily and often do not add much nutrition to your intake, but add a lot of calories.

4 Make just one trip to the party buffet.

5 Use a plate for even the smallest "snack" - you'll eat less.

Write a list of things to do other than eat (such as taking a walk, calling a friend, or housework), to have available when you feel bored, angry, frustrated, lonely, depressed or any way that leads to cravings.

Sneal® Deals

BLACK FRIDAY Our Black Friday Sales Event is November 26, 2021. This is our largest in-store sale of the year! Visit our CarbEssentials Store located in Redding for deals you don't want to miss! 20% off your purchase of \$200 or more, 15% off your purchase of \$150 or more and 10% off when you spend \$100 or more!

CYBER MONDAY

Monday, November 29th is Cyber Monday. Get ready for our best online sale of the year! Cyber Monday is a perfect opportunity to get stocked up on your favorite CarbEssentials products to stay on track through the holiday season!



EAT RIGHT. LIVE RIGHT. FEEL RIGHT.



THE CURE FOR HUNGER IS FOOD

Important Points That help Avoid Weight Gain.

"The cure for hunger is food." Those who reported being more hungry had the greatest holiday weight gain. So, how do you keep from being hungry? An important tip is to eat before you plan on eating. If you know your going to be exposed to a "Food Event": remember the '20 minute, 60 calorie protein rule'. Also eating Sneals® every 2 to 3 hours stimulates the gut to release CCK.

Cholecystokinin (CCK) is made by the first part of the small intestine and stomach in response to protein. This increases satisfaction by delaying the emptying of the stomach. It stimulates the satisfaction center of the Ventromedial Hypothalamus of the brain. The general rule is 60 to 80 calories of lean protein and 20 minutes before you eat, get home, go to a restaurant, or attend an event.

Thanksgiving Calorie Quiz....

The average American consumes as much as 2,500 calories at Thanksgiving dinner! Having an awareness of the calories in your favorite entrees, side dishes, and desserts can help prevent the overeating that often accompanies every American's favorite food holiday.

- 1. Which entree contains the most Calories?**
 - A. Roast turkey, white meat, skin removed
 - B. Roast turkey, white meat, skin on
 - C. Ham
- 2. Which side dish contains the most Calories?**
 - A. Mashed potatoes and gravy
 - B. Stuffing
 - C. Sweet potatoes with marshmallows
- 3. Which dessert contains the most Calories?**
 - A. Pumpkin Pie, with whipped cream
 - B. Apple Pie
 - C. Pecan Pie

***See back page for answers.*



YOUR THANKSGIVING MEAL IN CALORIES

In a typical Thanksgiving meal, Americans will consume as much as 2,500 calories! Visit www.physiciansplan.net/recipes and click the "Holiday's" tag to get lighter version of your favorite dishes.

GREEN BEAN CASSEROLE

serving size: 1/2 cup
CALORIES: 150

Time on treadmill: 18 min.
Time on elliptical: 27 min.

Pumpkin Pie

serving size: 1 slice (133g)
CALORIES: 323

Time on treadmill: 39 min.
Time on elliptical: 57 min.

HAM

serving size: 6 oz.
CALORIES: 300

Time on treadmill: 35 min.
Time on elliptical: 52 min.

STUFFING

serving size: 1/2 cup
CALORIES: 180

Time on treadmill: 23 min.
Time on elliptical: 34 min.

TURKEY

serving size: 6 oz.
CALORIES: 325

Time on treadmill: 40 min.
Time on elliptical: 58 min.

ROLLS (+ butter)

serving size: 1 roll
CALORIES: 155

Time on treadmill: 20 min.
Time on elliptical: 29 min.

SWEET POTATO CASSEROLE

serving size: 1/2 cup
CALORIES: 314

Time on treadmill: 37 min.
Time on elliptical: 54 min.

GRAVY

serving size: 1 cup
CALORIES: 121

Time on treadmill: 15 min.
Time on elliptical: 23 min.

CRANBERRY SAUCE

serving size: 1/2 cup
CALORIES: 190

Time on treadmill: 25 min.
Time on elliptical: 35 min.

MASHED POTATOES

serving size: 1 cup
CALORIES: 214

Time on treadmill: 28 min.
Time on elliptical: 40 min.

*Based on calories per USDA | Treadmill = 6 mph | Elliptical = Light