



The  
**PTI BUZZ**  
Carol Kur, MSRD

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## Prepare for a Healthy Thanksgiving.

Before you go shopping for your Thanksgiving meal, plan ahead with these substitutions:

1. Instead of sugar, use cinnamon and vanilla.
2. Skip canned cranberries and prepare fresh with orange juice.
3. Use low fat broth instead of cream in soups.
4. For casseroles use skim milk and low fat cheese instead of cream and high fat cheese.
5. Make a stuffing using whole grain bread and turkey sausage.
6. Serve fresh vegetables or fruit as appetizers and skip the fatty chips and dip spread.
7. Use as many fresh vegetables and fresh fruit as possible.
8. Bake sweet potatoes instead of sweet potato pie.

Remember the fun is in the company you have and not the calories you eat.

**Walk or run in a 5K Turkey Trot and burn approximately 300-400 calories!!!**

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