



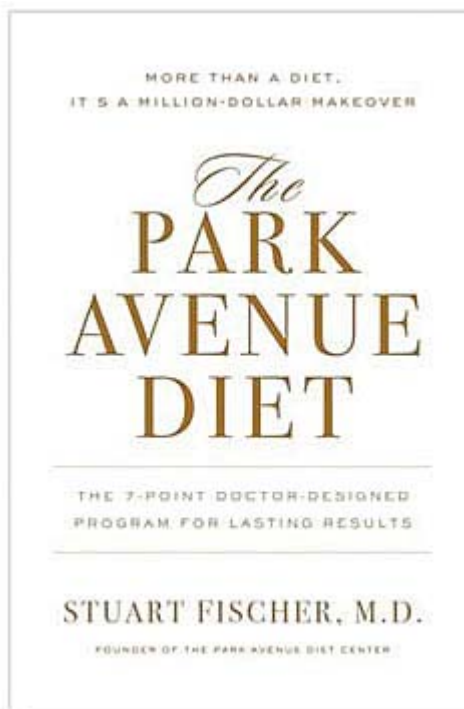
RUBENSTEIN PUBLIC RELATIONS, INC.

DR  FISCHER
THE PARK AVENUE DIET



November 18, 2009

A Healthy Thanksgiving Feast



For people watching their weight the holidays can be a major stressor. But **Dr. Stuart Fischer** says there will be plenty of foods on the banquet table that are delicious and healthy. He says the key is to know what to steer away from.

“Potatoes are great as a side dish, but only as a small portion. And while veggies are great, if you're overweight, stay away from the butternut squash. It can turn into fat in a matter of days.”

Fischer will share tips on navigating holiday food and encourage listeners not to give up during the season because it's too hard and too tempting. Dr. Fischer is founder of the Park Avenue Diet Center in Manhattan and the author of “Little Book of Big Medical Emergencies.” He has appeared on the Early Show, Fox and Friends, Inside Edition, and CNN American Morning.