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DR  FISCHER  
THE PARK AVENUE DIET

# Healthy Aging® Food

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## Park Avenue Diet Author Shares Tips for a Healthy Thanksgiving

Thanksgiving is one of America's most favorite holidays for many reasons, the least of which is a time to give thanks for all that has been bestowed upon us such as family, friends, health. It is an opportunity to share what we have with those less fortunate through preparing foods or giving canned goods to food pantries and banks.

Thanksgiving should be a time to enjoy friends, family and to share a wonderful meal. This does not mean a license to just plain gorge.

To help you through your decision making process of how to have a healthy Thanksgiving with traditional foods, Dr. Stuart Fischer, author of The Park Avenue Diet, offers the following tips.

### LIMIT IT OR THROW IT AWAY:

A small portion of mashed potatoes is a suitable side dish, but only in moderation. They are very high in carbohydrates and often include butter or cream. Turnips, sweet potatoes, and yams are significant sources of starch and calories especially when covered in tempting, toasted marshmallows,

Stuffing is as bad as its name implies. Of all your Thanksgiving favorites, stuffing is the most likely to add that extra layer of padding on your body, especially if you're already overweight.

While it is important to include vegetables on your plate, steer clear of butternut squash. If you're overweight, it can turn into fat within a few days.

At the kids' table, don't serve soda or juice, they are "empty calories" that will distract them from the healthier options on the table.

A little gravy on your turkey and vegetables for flavor is fine, but don't drown your food. It is the side show, not the main event.

KEEP IT ON THE TABLE:

Start with a soup or salad before the main course to help you fill up so you don't overeat when you get to the main meal.

Turkey is one of the leanest meats out there, so enjoy!

A small touch of all natural cranberry sauce is okay, but be sure it's not full of artificial additives.

Vegetables like spinach, carrots, brussel sprouts, pearl onions, broccoli and peas are all welcome on your plate in abundance.

A glass of red or white wine will pair perfectly with your feast and has only about 100 calories.

A small piece of pumpkin or fresh apple pie is permissible, but only because it would be unpatriotic not too!

Recipes.