



Thanksgiving Wellness Tips

Your loved ones will thank you if you follow these tips to stay healthy and safe over the Thanksgiving holiday.

What You Should Do

Make sure your food is safe

Keep food safe to prevent food borne illness from ruining your Thanksgiving dinner. Be sure to:

- Wash hands and food-contact surfaces often.
- Keep raw meat and their juices away from ready-to-eat food.
- Cook foods to proper temperatures. Cook turkey or stuffing to 165°F.
- Refrigerate perishable food within two hours.

Enjoy the holiday without losing control of your diet.

- Cook using low fat products and cut down on the amount of fat and sugar in recipes.
- Eat smaller portions and pick foods that have fewer calories.

Make physical activity part of your Thanksgiving tradition



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