

Title:

Top Tips For Good Nutrition This Thanksgiving

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467

Summary:

To many, good nutrition and thanksgiving dinner seem to cancel each other out. However it should not.

Prepare a wide variety of foods. Traditional thanksgiving stories tell us of meals that contained a variety of foods.

Keywords:

Thanksgiving, nutrition, cooking, healthy, meals, advice, tips

Article Body:

To many, good nutrition and thanksgiving dinner seem to cancel each other out. However it should not.

Prepare a wide variety of foods. Traditional thanksgiving stories tell us of meals that contained a variety of foods.

Try some simple recipes. Instead of making the obligatory green bean casserole with mushroom soup, try something new.

Be careful of portion sizes. An ideal meal is derived from all of the food groups and should include a variety of foods.

Pace yourself. Unless you're on call for surgery, you probably have a little time. Instead of rushing, take your time.

Thanksgiving is a time to be thankful for all of the things that we have. It is a time for us to reflect on the past year.

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