

NOVEMBER NEWS

WARREN CONSOLIDATED SCHOOLS

Thanksgiving Tips

Eat Regular Meals - Skipping meals can make you overly hungry, which increases the likelihood of overeating later.

Stay Hydrated - Water helps curb cravings and keeps you energized.

Set Realistic Goals - Rather than pushing for major changes, consider focusing on weight maintenance, keeping pressure low.

Don't Stress - One day of indulgence won't derail your progress. Each meal is an opportunity to reset.

Balance Your Plate - Aim to fill half your plate with veggies and fruits, a quarter with proteins, and a quarter with whole grains.

Stay Active - Include some physical activity in your holiday plans, whether it's a walk after dinner or a family game outside.

Mindful Eating Tips

1. Slow Down and Savor

Take smaller bites, chew slowly, and really focus on the flavors and textures of each bite. This helps you enjoy your food more and gives your body time to feel full.

2. Check in with Your Hunger

Pause occasionally during your meal to ask yourself how hungry or satisfied you feel. This helps you avoid eating out of habit and only continue if you're truly hungry.

3. Remove Distractions

Put away phones, turn off the TV, and focus on your food. Being fully present at mealtime makes eating more enjoyable and can prevent mindless snacking.

Upcoming Events

- Nov 28- Thanksgiving
- November is Native American Heritage Month

By Jillian Green, U of M
Dietetic Intern