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## **Turkey Tips to Healthy Choices**

Thanksgiving is a time for gratitude, family, and of course, delicious food. While it's easy to overindulge during the holiday you can still enjoy your favorite dishes and stay healthy with a few mindful choices.

Start by balancing your plate. Fill half of it with vegetables and fruits, a quarter with lean protein like turkey, and the rest with whole grains or healthier sides. Savor your food slowly, paying attention to flavors and how full you feel before reaching for seconds.

Stay active too, take a morning walk, play a family football game, or help clean up after dinner. These small movements help maintain energy levels and offset extra calories. And don't forget to stay hydrated; sometimes thirst can be mistaken for hunger.

Lastly, remember that health isn't just about what you eat, it's also about your mindset. Practicing gratitude and connection with loved ones supports emotional well-being, which is just as important as physical health.

Enjoy Thanksgiving with balance, joy, and appreciation for the nourishment both food and family bring.

For more information, please contact Valori Stone, Family and Community Wellness Agent, Wildcat Extension District, [valori@ksu.edu](mailto:valori@ksu.edu), 620-670-4878.

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