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Helpful Reminders from Interstate Printing Company

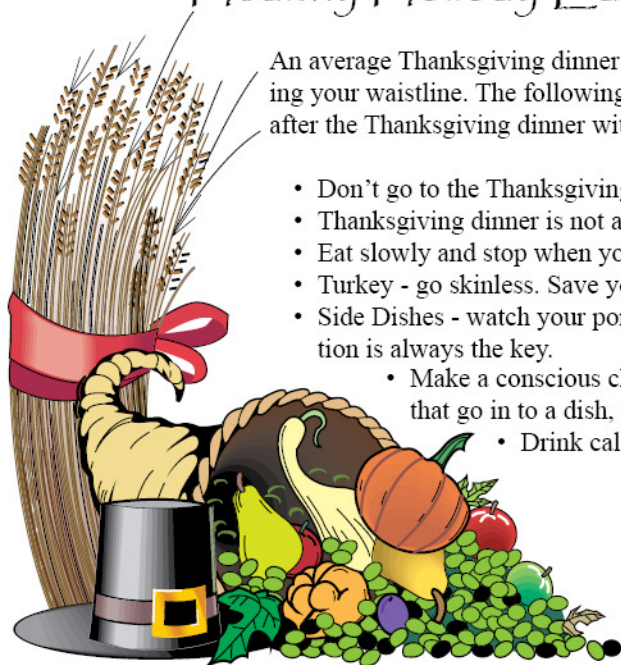


Happy Thanksgiving

Healthy Holiday Eating Tips for Thanksgiving

An average Thanksgiving dinner has over 2000 calories! It can be a real challenge if you are watching your waistline. The following are some eating tips so that you can still look good and be healthy after the Thanksgiving dinner without having to deprive yourself.

- Don't go to the Thanksgiving dinner hungry.
- Thanksgiving dinner is not an all-you-can-eat buffet.
- Eat slowly and stop when you are full.
- Turkey - go skinless. Save your appetite for the side dishes and desserts.
- Side Dishes - watch your portion size. This way you can sample all the different foods. Moderation is always the key.
 - Make a conscious choice to limit high fat items. If you cannot control the ingredients that go in to a dish, simply limit yourself to a smaller helping size.
 - Drink calorie-free water to help fill up your stomach and keep you hydrated.



He who thanks but with the lips thanks but in part;
the full, the true Thanksgiving comes from the heart.

J.A. Shedd



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