

# Health Trend: Five Diet Tips for Surviving Thanksgiving Dinner



By [Meghan Khameraj](#)

Thanksgiving is a wonderful time to celebrate family, togetherness, and food. In fact, it wouldn't be Thanksgiving without a variety of food to feast upon with your loved ones until you pass out into a food coma. This time of year can be stressful for your body and health. You shouldn't have to miss out on the holiday festivities, but you should also be aware of the impact it has on your well-being. There are many [health trends](#) that gain popularity around the holiday season, so it can be confusing to figure out which one fits your lifestyle the best. It's important to realize that not every diet works

for every type of body; it may take some trial and error to figure out which works best for you!

## **Skip the post-holiday guilt! In these health trends, what are some diet tips to help you make the most of the holiday?**

**1. Eat breakfast:** It may be tempting to skip breakfast on Thanksgiving to save your calories for later. Instead of missing out on the most important meal of the day, have a small breakfast of cereal or avocado toast. If you skip breakfast, then by the time of your Thanksgiving festivities, you'll be starving and prone to overeating.

**Related Link:** [Health Tips: Where Intermittent Fasting Goes Wrong](#)

**2. Get active:** While Thanksgiving may be known for food and lounging around with family and friends, there are many holiday activities that will get you moving. Play a game of football or go on a fall walk to help you beat that all too familiar Thanksgiving lethargy.

**3. Listen to your body:** We're all familiar with the feeling of overeating. Our bodies do a pretty good job of letting us know what we should or shouldn't be doing. Once you feel full, despite still having food on your plate, you should stop eating. This will help you avoid that uncomfortable feeling we all get when we overeat.

**4. Be realistic:** Even if you're concerned about your health and body, that shouldn't get in the way of you enjoying the holiday. It logically makes sense that you would gain some weight on a holiday, especially one that is known for food. Don't be overly harsh or mean to yourself if you happen to

overeats. You're allowed to enjoy yourself and that should be your main focus during the holiday season.

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**5. Exercise:** If you happen to feel guilty after Thanksgiving, don't beat yourself up about it. You can always exercise to shed the extra weight you may have gained. Set a weekly exercise regime to follow until your body feels healthy!

**What are some other ways you can stay healthy during Thanksgiving? Let us know in the comments below!**