

SUNDAY MORNING Health Corner

Thanksgiving Healthy Living

Food is integral to our culture and heritage. However, traditional soul food often contains too much fat, salt, and sugar.

As we prepare for Thanksgiving, take a moment to consider a few healthy eating tips.

- Roasted turkey is a healthy cooking option. To make it even healthier, don't baste with butter and consider serving without the skin.
- Serve healthier sides such as roasted vegetables.
- Offer delicious **vegan** options like roasted cauliflower, or lentil stuffing.
- Look online for healthy recipes, like these from the [American Diabetes Association](https://www.diabetes.org/healthy-eating/recipes).

With small changes to our Thanksgiving menu, we can honor our roots while prioritizing our health.



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