

# Happy, Healthy Thanksgiving!

Want to TRY a New Twist on Tradition?

This Thanksgiving, TRY new foods and moves that will make your body say Thank YOU!

## New T-Day Food Faves

### Cone Zone Pinecones

Check it out! These protein-packed snacks made with crunchy crackers and celery only look like festive fall pinecones! TRY making this crowd pleaser for family or friends.

#### Ingredients

- Low-fat cream cheese
- Round whole grain crackers
- ¼ cup sliced almonds
- Skinny pretzel sticks
- 1 Celery stalk, thinly sliced\*

#### Instructions

1. For each pinecone, spread cream cheese to cover a round cracker.
2. Starting at the bottom, layer almond slices on top of the cream cheese for the scales.
3. Add a skinny pretzel stick for the stem and serve with thin sliced celery pine needles.

EXCELLENT  
SOURCE OF FIBER



**Fun Fact:** Not all pinecones are small! Coulter pinecones are the world's heaviest, weighing up to 10 pounds!

Want to learn more? Check out [Disney.com/TRYit](https://disney.com/TRYit)

## More T-Day Food Faves

### Trendy Turkeys

Don't let heavy Thanksgiving foods weigh you down. TRY lightening up by arranging fresh fruit into fun turkey shapes. See how many different fruits you can include in your Trendy Turkey!

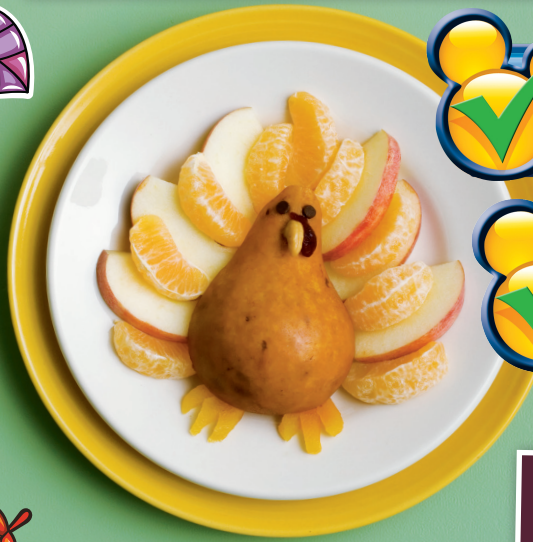
#### Ingredients

- 1 Apple
- 1 Orange
- ½ Pear
- Dried apricot
- Low-fat Peanut butter or low-fat cream cheese
- Raisins
- Nut (cashews work great)
- Dried cranberries

#### Instructions

1. Arrange apple and orange slices on a plate as shown, and lay a cored pear half on top.
2. Use scissors to halve a dried apricot, snip small triangles from each half, and tuck them under the pear to form the feet.
3. Then use peanut butter or softened cream cheese to attach raisin eyes, a nut beak, and a dried cranberry snood (above the beak).

Tip: Fall is harvest time and farmers' markets are loaded with tasty Thanksgiving favorites. Stop by your local farmers' market or fruit stand for fresh, organic apples and pears!



**2 SERVINGS  
OF FRUIT**

**GOOD  
SOURCE OF VITAMIN C**

### TRY a Simple Swap:

This year, take a traditional Thanksgiving food, like white bread rolls, and swap them for healthy, **WHOLE GRAIN** rolls full of fiber instead!

## T-Day Moves You Can Use



### Take a Trek

With all the focus on Thanksgiving food, it's good to find ways to keep moving. TRY new ways to make walking fun:

- Wander through a pumpkin patch or get lost in a corn maze.
- Go on a leaf-collecting walk—see how many different shades of fall colors you can collect along the way.
- TRY starting a tradition by taking the whole family for a walk before or after Thanksgiving dinner.

**Fun Fact:** Walking after a big meal revs up your metabolism, aids digestion and helps burn calories!

\*SAFETY NOTE: When cutting or cooking, always get your parents' help or permission.

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Recipes courtesy of **Disney FamilyFun**



## More T-Day Moves You Can Use

### Dead Bug Move

Feeling stuffed? TRY this yoga move to help your belly chill after a mega-meal:

- Lie on your back, bend your knees and hold onto the outside edges of your feet.
- Gently use your arm muscles to pull your knees toward the floor beside your chest.
- Relax your shoulders and your head. Ahhh...much better. Namaste!



**Fun Fact:** Did you know that the customary closing remark in yoga is "Namaste" (pronounced Nah-mah-stay), meaning "thank you." A perfect fit for this holiday!

### TRY Fall Flag Football

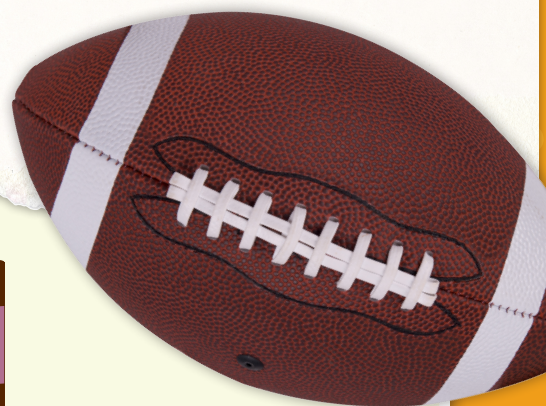
Watching football is a Thanksgiving ritual—this year TRY playing it! Team up with family and friends for a fun game of flag football.

#### Materials

- Two sets of wooden sticks for homemade goal posts
- Colored bandanas or ribbons for flags (lightly tuck into the waist of your pants or belt loops)

#### Directions

- Follow football rules, but instead of tackling your opponents, simply snag their flag to stop play



### Give Thanks by Giving Back!

Did you know November 19th is Family Volunteer Day? Make November more meaningful by volunteering with your entire family! TRY:

- Collecting canned food to deliver to a local food bank
- Volunteering to serve a meal together at your community shelter
- Raking leaves or shoveling snow for an elderly neighbor



For more info, check out:

<http://www.generationon.org/parents/family-volunteer-day>