

How to Have a Thanksgiving at Home

Use these tips to have a successful 5-2-1-0 Thanksgiving Day from start to finish:

5 OR MORE
FRUITS &
VEGETABLES
EVERY DAY

- Eat a light, healthy, balanced breakfast. Include one serving of fruit. Examples are:
 - ½ cup of berries in 1 cup plain, fat-free Greek yogurt with ¼ cup unsalted almonds
 - 1 piece of whole wheat toast with 1 Tbsp. nut butter and 1 banana
- Include at least one serving vegetables in your lunch or appetizers. A salad would be quick and light before your heavy dinner meal. Examples of appetizers that include veggies are:
 - Baked kale chips
 - Carrots and sliced peppers with Greek yogurt spinach dip
 - Sweet potato fries
 - Celery slices served with peanut butter and raisins.
- Have two or more servings of vegetables with your dinner. Examples are:
 - 1 cup roasted Brussels sprouts with garlic
 - Peas
 - Green beans
 - Baked squash
- Have one serving of fresh fruit with your dessert or as your dessert.
- If you are not hosting the dinner, be sure to bring a healthy appetizer. You can fill up on this before your meal if no other healthy options are available.

2 HOURS
OR LESS
RECREATIONAL
SCREEN TIME
EVERY DAY

- Avoid turning on the TV in the morning if possible.
- If you or your guests want to watch a football game or other TV program, try your best to limit it to two hours and take a break in between to get some more exercise. Here are some helpful ideas:
 - Set up a scavenger hunt around the house for the kids.
 - Set up a workout circuit around the house and offer a prize at the end for the person who completes it first.
 - Avoid using food or screen time as rewards.

SEE MORE TIPS ON THE REVERSE SIDE OF THIS SHEET!

1 HOUR
OR MORE
OF PHYSICAL
ACTIVITY
EVERY DAY

- If watching the Thanksgiving parade in the morning is a family tradition, go on a 20 minute walk before watching it. Also, try to take breaks during the parade for your children to engage in some sort of activity, such as re-enacting their favorite performance.
- Get a 20 minute workout in. Walk around your neighborhood or in a nearby park. Bring your family and pets.
- Get in another quick 20 minutes of physical activity before your large meal. Some ideas for fun physical activity are:
 - Throw a football around in the backyard with your family
 - Play a Thanksgiving-themed tag game
 - Play a basketball game.
- Wait at least 30 minutes after your meal before you try more physical activity. This will help you to digest and burn off some of the food that you just consumed.

0 SUGARY
DRINKS AND
MORE
WATER
EVERY DAY

- Drink a large glass of water when you wake up.
- Drink water throughout the day to limit overeating and prevent dehydration.
- Avoid sugary drinks. Have fruit-infused water as an option for your guests if they do not want plain water.
- Drink a glass of water before you go to bed.



Let's Move
Pittsburgh

Download more 5-2-1-0 resources at letsmovepittsburgh.org/5210. To start a 5-2-1-0 campaign at your home or organization, please contact letsmove@phipps.conservatory.org.

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Let's Move Pittsburgh is affiliated with Phipps Conservatory and Botanical Gardens. This program is adapted from Let's Go! www.lets-go.org.