

Toilet Talk

Fun Facts about Thanksgiving!

- The first Thanksgiving feast lasted 3 days
- The Pilgrims did not use forks– they only used spoons, knives and their fingers!
- In the U.S., about 280 million turkeys are sold for the Thanksgiving celebrations.
- Turkey has more protein than chicken or beef.
- Benjamin Franklin wanted the turkey to be the national bird of the United States.

Be sure to stop by Health Services on **November 28th** **12 - 4 p.m.** to make your **“Relaxation Boxes.”** They will be very useful in de-stressing for **Finals Week!**

Thanksgiving Nutrition

The holiday season is upon us which can be accompanied by unwanted weight gain. Over indulgence is a major contributor when it comes down to it. But, instead of having that extra piece of pie and then “work it off on the

treadmill”, attack the problem at the source. Properly portioning your Thanksgiving plate can easily avoid overeating and make you feel fuller. Fill up half of the plate with greens and delicious vegetables. These have essential

vitamins and will fill you up faster. Next, fill about 1/4 of your plate with protein (oh yes, I mean the turkey)! Lastly, fill the rest of the plate with carbohydrates like stuffing and potatoes and, of course, don’t forget the pie!

Diabetes Awareness

American Diabetes Month is used to raise awareness about the growing problem of diabetes in Americans. Here are some alarming statistics:

- Nearly 26 million children and adults in the United States have diabetes
- Another 79 million Americans have pre-diabetes and are at risk for developing Type II Diabetes

The American Diabetes Association estimates that the total national cost of diagnosed diabetes in the United States is \$174 billion.

Visit www.diabetes.org/in-my-community/programs/american-diabetes-month/

To climb steep hills
requires a slow pace at
first.

William Shakespeare

National Healthy Skin Month

Keep your skin looking and feeling healthy during healthy skin month with these great tips on face washing!

- **Use a gentle, non-abrasive cleanser** that does not contain alcohol.
- **Wet your face with lukewarm water** and use your fingertips to apply cleanser.
- **Resist the temptation to scrub your skin** because this will irritate the skin.
- **Apply moisturizer** if your skin is dry or itchy.
- **Limit washing to twice a day**; once in the morning and once at night.

Visit www.aad.org