

Feeling stuffed?

Splurging is a given on Turkey Day. But that roll-me-home feeling that comes afterwards? Yuck. Good news: You can navigate the Thanksgiving buffet without depriving yourself—and your waistline will thank you. Prepare some of these healthy dishes recommended by Dawn Blatner Jackson, a registered dietician at Northwestern University. Just don't forget it's a holiday. It's okay to splurge a little. **By Maridel Reyes**
Illustrations by **Joy Baer**

1 Start off smart

Instead of swilling spiked eggnog (which is like dessert in a mug, thanks to loads of cream and sugar), sip a glass of **red wine** (70 calories per glass). It's free of heart-clogging saturated fat and chock-full of heart-healthy antioxidants. Bonus: Studies show people who drink wine moderately also tend to be skinnier.



WINNER!



Bypass the cheese and crackers and mixed nuts. Once you start munching, it's hard to stop, and the calories add up fast. Instead, go crazy with less fattening appetizers like **veggies** with salsa or hummus, and **shrimp cocktail**. Three large shrimp with sauce are just 34 calories and packed with lean protein that will fill you up—which means less plate piling later.



WINNER!



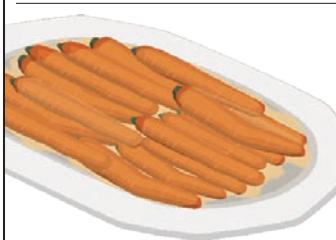
When it comes to the breadbasket, reach for a filling **multigrain roll** instead of sour dough or white. If corn bread is offered with dinner, search the buffet for a less-cakey option like **zucchini**. One slice of the latter is about 20 calories lighter and has more vitamin C and iron.



WINNER!

2 The main course

Corn and spinach are good for you, but their health benefits diminish when they're drenched in whole milk and turned into creamed versions. For the same buttery flavor (and half the calories), nosh on **glazed carrots**. You'll get more than four times the recommended daily value of immune system-boosting vitamin A.



WINNER!



WINNER!

Silky mashed potatoes are comforting—and loaded with butter. Swapping the mashed potatoes for a piece of **candied sweet potato** will save you 86 calories and half the fat. Plus, you'll get an alphabet soup of nutrients (vitamin A, vitamin C, calcium, iron and thiamin).

3 And for dessert

There are about 500 calories and 20 grams of fat in one piece of pecan pie. But a slice of **pumpkin pie** is a relative calorie bargain at 230 calories and 10 grams of fat. Plus, consuming pumpkin means you'll gobble up disease-fighting antioxidants it naturally provides.



WINNER!

Chill Out