Get a Little Social

This Holiday Season...

Don’t be as Stuffed as the Turkey!

Moderation is Key! You can eat off of your favorite foods, but be aware of how much of each you eat!

Pace yourself. Eating slower can help you realize when you’re getting full

But most of all...

Enjoy it! Thanksgiving only comes once a year. Take the time to enjoy family, friends, and the food of course!

Look up recipes for these...

Healthy Thanksgiving Alternatives

Love Pecan Pie?......try:

- vegan pumpkin cheesecake
- Swap Mashed Potatoes......for:
  - mashed butternut casserole
- Instead of Boxed Stuffing......try
  - homemade cornbread veggie stuffing
- Toss the canned cranberry sauce......for
  - rustic cranberry sauce

Who are we? We are students like you. We eat. We sleep (sometimes). We study. We spend too much time on Twitter and Facebook. We have a good time. We’ve also got the facts about drinking, dealing with stress, sexual health, nutrition and