

THE INDUSTRIAL ATHLETE DIGEST

Weekly Wellness & Safety Tips from Work Right NW VOLUME 8 | ISSUE 46



HELPFUL SECONDS

BY WRNW

Thanksgiving is upon us this week! While visions of sumptuous spreads of turkey, stuffing, gravy, sweet potatoes, homemade rolls, and cranberry sauce have been dancing in our heads for weeks, we're not here to bring down the mood by telling you to avoid all the unhealthy good stuff. Quite the opposite! Did you know some of your favorite holiday foods are more nutritious than you might think? Check out some of these options that won't make you feel bad when you go back for seconds!



TURKEY

This staple of Thanksgiving is prime for protein (26 grams in a 3-oz serving!), along with niacin, iron, and zinc.



RUSSET POTATOES

High in potassium and vitamin C! Remember potatoes are a carb to keep in your diet.



GREEN BEANS

Fiber, vitamins K and A, plus iron!



NUTS

Nuts might be one of the healthiest picks! Almonds are great followed by walnuts, chestnuts, and pecans.

PUMPKIN PIE

Beware the crust, but don't feel bad for having two slices! High in vitamins A and C, pumpkin can benefit vision and immunity.



CRANBERRIES

The antioxidant superfood! Cranberries may reduce your risk for type 2 diabetes, cancer, and heart disease.



SWEET POTATOES

High in fiber along with many other vitamins and antioxidants, sweet potatoes can help with digestive health, protect cardiovascular health, and reduce risk for cancers.



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Work Right NW is changing the way that companies view workplace hazards. Our focus is on educating the workforce to prevent injury. We provide access to Injury Prevention Specialist's in the workplace to address the early signs of discomfort. We are changing the industry one company at a time by helping one person at a time.

