

# THE INDUSTRIAL ATHLETE DIGEST

Weekly Wellness & Safety Tips from Work Right NW



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## 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! We know a Thanksgiving dinner can be plenty of reason to look forward to a well-rewarded cheat day for your efforts with a healthy diet and exercise. But, 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. Go for skinless white breast meat over dark meat to reduce saturated fat content.

### 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.



### RUSSET POTATOES

High in potassium and vitamin C! Remember potatoes are a carb to keep in your diet. Unlike the turkey, keep the skins on potatoes to take advantage of the most nutrients.

### PEARS

Another must for digestive and heart health, a lone pear also has 12% of your daily dose of vitamin C. Their low-glycemic index makes them perfect for those with diabetes.



### GREEN BEANS

Fiber, vitamins K and A, plus iron! Try this Turkey Day regular with a source of vitamin C (like a splash of lemon) to better absorb the iron.

### BRUSSEL SPROUTS

Like green beans, these are high in vitamins K and C. And if you're not a fan of seafood, brussel sprouts provide an alternative of omega-3 fatty acids to help with heart health and brain function.



### NUTS

Mixed nuts might typically blend into a table spread, but don't miss them. They might be one of the healthiest picks! Almonds are the top pick 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. You're on your own justifying the whipped topping, however.



### CRANBERRIES

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

### HAPPY THANKSGIVING FROM WORK RIGHT!

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.



### CINNAMON

This spice is an anti-inflammatory and may lower blood pressure. For those with type 2 diabetes, cinnamon can help fasting blood sugar levels.

