



# HEALTH TOPIC OF THE WEEK

## 11/21: Let's Talk Turkey



### Let's Talk Turkey (and Trimmings)...

With Thanksgiving coming up, this week's health topic is an appropriate one. Maybe you're a turkey gobbler. Perhaps you avoid meat and stick with veggies. Either way, we hope you will dig in and enjoy some guilt-free, hearty holiday fare. If there's ever a good excuse for an occasional "cheat date," Thanksgiving has got to be right up there.

### Turkey

Turkey is low in fat and high in protein. It is an inexpensive source of iron, zinc, phosphorus, potassium and B vitamins. One serving of turkey is a 2 to 3-ounce cooked portion. The portions below represent 100 grams (approximately 3 1/2 ounces) of sliced meat from a whole roasted turkey.

A 3 1/2-ounce portion of turkey is about the size and thickness of a new deck of cards. The fat and calorie content varies because white meat has less fat and fewer calories than dark meat and skin. One gram of fat contains 9 calories, and one gram of protein contains 4 calories.

Meat Type	Calories	Total Fat	Protein
Breast with skin	194	8 grams	29 grams
Breast w/o skin	161	4 grams	30 grams
Wing w/skin	238	13 grams	27 grams
Leg w/skin	213	11 grams	28 grams
Dark meat w/skin	232	13 grams	27 grams
Dark meat w/o skin	192	8 grams	28 grams

(SOURCE: USDA NUTRIENT DATA LABORATORY )



Elite Personal Training and Fitness Solutions does not provide medical treatment or intervention. We acknowledge scientific evidence that appropriately intensive exercise and sustainable nutritional intervention can have significant impact on chronic health disorders and obesity, dramatically improving symptoms when recommendations are followed. Please visit us at [Eliteptf.com](http://Eliteptf.com) for more information and to schedule your evaluation.

## Trimming

Here are some super health benefits of three popular veggie sides:

### Sweet Potatoes

Sweet potatoes contain fiber and antioxidants that promote the growth of good gut bacteria. Sweet potatoes are rich in vitamin C, which revs up your immune system. Sweet potatoes are a good source of iron. That makes them star material for vegetarians and vegans. Here's why: Meat has heme iron, which your body absorbs more easily than the non-heme type found in fruits, veggies, and nuts. But if you eat foods with lots of vitamin C, like sweet potatoes, your body can absorb the non-heme iron better.



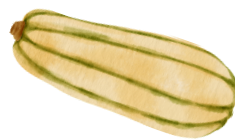
### Green Beans

Green beans contain about twice the amount of iron of spinach. Iron is a component of red blood cells, which are essential to transport oxygen from the lungs to cells throughout the body. Because green beans are loaded with antioxidants, they help prevent free radical damage. Green beans pack abundant amounts of calcium and heart-protective flavonoids. High amounts of flavonoids have immense anti-inflammatory properties. This regulates thrombotic activity in the cells and prevents blood clots in the arteries.



### Winter Squash

Squash varieties harvested in the fall are known as winter squash. Popular winter squash include pumpkin, spaghetti squash, acorn squash and butternut squash. That beautiful orange and yellow flesh is the source of powerful disease-fighting antioxidants that protect against cataracts and stroke. Winter squash are also rich in Vitamin A, B-6, C, potassium, fiber and heart-healthy omega-3 fatty acids. Polysaccharides in winter squash help regulate blood sugar.



Hungry yet? Enjoy your Thanksgiving meal. If you really overdid it, maybe take a nice long walk instead of a nap. And don't forget to count your blessings. Cultivating an "attitude of gratitude" is just as important to your health as exercising and cultivating good eating habits.

EPT is grateful to you. Thank you for taking time to read our health tips and newsletters. Your questions and comments have generated ideas for several articles. Thanks so much for your input, and keep it coming. The EPT staff sends our best wishes for a Happy Thanksgiving!



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