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Contact:
Christine Dooley
Ketchum
(312) 228-6814
christine.dooley@ketchum.com

NAVIGATING HOLIDAY TASTE TEMPTATIONS Nutrition Expert Weighs in on Simple Strategies that are Tasty and Healthy

WICHITA, Kan. (Nov. XX, 2008) – To most people, the start of the holiday season means three things: fun, family and food. With so many parties to attend and so much delicious food to munch on, it can be difficult to maintain your overall health and nutrition while still enjoying the perks of the season.

According to a FranklinCovey Holiday Stress Survey, more than 75 percent of respondents didn't keep to diet and exercise plans during the 2007 holidays, and 62 percent felt unfulfilled and regretful once the season was over. In addition, the National Institutes of Health estimates that the weight people gain during the holiday season adds up year after year and may be a major contributor to heart disease, diabetes and obesity later in life.

It's no secret that sticking to a healthy diet amid all the yuletide celebrating can be a challenge, but it is possible, notes Christine Palumbo, a registered dietitian and member of the American Dietetic Association. "Navigating holiday taste temptations and implementing simple steps into your daily routine, such as parking farther away while gift shopping, will help you stay on the path to a healthy New Year," she says.

Palumbo, who specializes in weight management, heart disease, diabetes and functional foods, offers up more tips for enduring the annual high-risk, indulgent season.

Tips to Maintain a Healthy Lifestyle During the Holiday Season:

- **Start each day with a strategy.** During the holiday season, more than any other time of the year, planning is paramount to avoid weight gain. Before the holidays arrive, take the time to evaluate your schedule and plan to incorporate fitness and good nutrition into your routine. Be realistic about your time and what you'll be willing to do or not do.
- **Eat foods that curb the appetite.** Foods that are high in protein, like turkey, are perfect during the holidays to keep you full and satisfied.

Turkey, including Honeysuckle White® and Shady Brook Farms® brands, is a lean protein that is low in calories, is lower in fat and helps you feel fuller longer – making it an ingredient you can feel good about including in a holiday menu.

- **Stash healthful snacks.** Prepare healthful snacks to take to work so you won't be tempted to over-indulge on holiday treats. Honeysuckle White® brand turkey deli meat or sliced veggies and fruit will fill you up and keep you on track throughout the day.
- **Edible gifts.** Instead of homemade candies or baked goods, try giving a fresh loaf of whole-wheat bread, a jar of dried fruits and nuts or a precooked meal to your holiday hosts. Shady Brook Farms® brand Simply Done™ Turkey is ready-to-cook in an oven-ready cooking bag and perfect for holiday celebrations.
- **Find slow eaters.** At parties, sit or stand next to someone who tends to eat lightly or slowly and follow his or her lead. Steer clear of loaded plates, “food pushers,” or people who tend to inhale their food.
- **Capture the great moments.** Bring your digital camera and offer to be the photographer at the event. By keeping your hands busy, you'll have less time to munch and you'll interact with more of the guests.
- **Shop 'til you drop.** Make a list and start your shopping early in the morning to avoid unnecessary stress and crowds. Eat a power breakfast that includes protein, such as Shady Brook Farms® turkey breakfast sausage links, and bring a water bottle to sip on as you go. This will help you avoid the unhealthy offerings at the food court.

For more tips and holiday recipes, please visit www.HoneysuckleWhite.com and www.ShadyBrookFarms.com.

About Cargill Meat Solutions

Cargill Meat Solutions Corporation produces a wide variety of high-quality turkey products under the Honeysuckle White® and Shady Brook Farms® brands. Headquartered in Wichita, Kan., Cargill Meat Solutions is a wholly owned subsidiary of Cargill, Incorporated, an international provider of food, agricultural and risk management products and services. For more information, please visit <http://www.honeysucklewhite.com>, <http://www.shadybrookfarms.com>, <http://www.cargillmeatsolutions.com> and <http://www.cargill.com>.

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