

A woman and a young girl are in a kitchen, both wearing white aprons with black vertical stripes. The woman, on the right, is smiling and looking down at something she is holding. The girl, on the left, is also smiling and looking towards the camera with her hands raised. In the foreground, there is a roasted turkey and some vegetables. The background shows kitchen cabinets and a window.

Cook Up Good Health This **HOLIDAY SEASON**

222

extra calories are consumed
daily by Americans in the fall and
winter time.

3 - 6

pounds will be gained by
Americans between Thanksgiving
and New Year's Day.

1/3

of Americans report overeating
or poor eating due to stress.

GO LIVE
Smart