Quickbites ~

Happy (almost) Thanksgiving! The big feast event is just a few days from now, soon to be followed by the winter holidays. If that brings up worries for you about overdoing, then be sure to check all the great strategies we’ve included in this issue of Quickbites.

We start off with **Slow Down!** If you tend to rush through your meals, or eat surrounded by lots of distractions, this simple, yet effective strategy could make your meals more pleasurable, and could even help you eat less.

Lunchtimes have their own set of pitfalls, especially if you eat out often, or count on the company cafeteria for your midday meals. Read our article, **Know What You’re Having for Lunch** to find out how planning ahead can take the “munch time” out of lunchtime.

Holiday time is also a time when we catch up with family and friends. So why not enlist them in your weight loss efforts? Read **Get a Little Help From Your Friends** to find out how to get your buddies, co-workers, and workout partners to be part of your weight loss team.

And finally, a great recipe. This **Sliced Apple Napoleon** combines crisp apple slices, smoked turkey bacon, and savory cheddar cheese for a hearty breakfast, lunch or snack that only has a **PointsPlus**® value of 3.

Happy Turkey Day!

P.S. If you’re a culinary professional, or know someone who is, **check out this Weight Watchers contest**. We’re looking for chefs who know how to make indulgent dishes healthier, and the prize is a one-year consulting agreement with Weight Watchers, valued at $75,000*!

Links not working? Just cut and paste the following link into your Web Browser.


* NO PURCHASE NECESSARY. Enter by 12/8/13. Open to culinary professionals who are legal residents of the 50 U.S. or D.C., 18 or older. If selected as a finalist, you must be available for N.Y. tapings of The Chew in January and February 2014. Grand Prize is a 12 month Consulting Agreement with Weight Watchers with a value of $75,000. Go to TheChew.com to enter and for complete Official Rules including full eligibility and entry requirements, contest dates, prize description & requirements and limitations. Void where prohibited.