

# Maggie's Health Tips



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## Why does turkey make you sleepy?



Is gobbling up all that turkey at your Thanksgiving meal really the reason why you're sleepy?

Most scientists now say that the amino acid L-tryptophan isn't the only reason why you're sleepy. Eating a big Thanksgiving dinner causes increased blood flow to the stomach and less blood flow to the brain.

So just how do you avoid that sleepy feeling on Turkey Day?

- Eat small, healthy meals throughout the day.
- Have small portions of foods at your meal.
- Drink water and take breaks to see how full you are.
- Stop eating once you're full.
- Finally, take a walk outside afterward to digest your meal. This will make you feel better than crashing on the couch.

## Tuscan Smoked Turkey & Bean Soup

*Note:* Get a grownup's help with this recipe, which requires using the oven/stove and chopping with a knife.

*What you need:*

1/3 cup celery, diced	1/8 teaspoon black pepper
1/2 cup onion, diced	1/2 teaspoon dried parsley
1/3 cup carrots, diced	1/4 teaspoon dried thyme
1-1/2 cups canned navy beans	1-1/2 cups kale, trimmed (without stems)
1/2 pound smoked turkey, diced (1/2-inch pieces)	Salt (optional)
3-1/2 cups low-sodium chicken broth	

*What to do:*

Sauté celery, onions, and carrots in stockpot until softened. Drain and rinse navy beans. Place vegetables, turkey, and beans in stockpot. Add chicken stock, pepper, parsley, and thyme. Bring to a boil. Reduce burner to low heat and simmer for 30 minutes. Cut fresh kale into small pieces and add to soup. Simmer an additional 10 minutes. Serve immediately. Salt to taste.

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FK Reading Level:

Readability Statistics

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Counts

Words	254
Characters	1201
Paragraphs	30
Sentences	22

Averages

Sentences per Paragraph	1.2
Words per Sentence	9.0
Characters per Word	4.6

Readability

Passive Sentences	0%
Flesch Reading Ease	77.4
Flesch-Kincaid Grade Level	4.7

OK