



## Wholly Thanksgiving Planning Tips: Save Time, Eat Smart—Make it Easy

*-- Fresh products like all-natural Guacamole are a smart addition to your holiday refrigerator--*

FORT WORTH, TX – November 17, 2010– Because an estimated 30 percent of our calories come from outside traditional meals, calorie-rich side dishes are just part of Thanksgiving's healthy eating challenge. Whether it's a weekend of company and football, or a quick snack grab, top-ranked Wholly Guacamole suggests stocking the fridge with foods that work double duty--acting as both snack and ingredient--and selecting nutritious products that also save time like pre-made Wholly Guacamole and Wholly Salsa.

[www.Eatwholly.com](http://www.Eatwholly.com)

"For many consumers, this is the start of gaining weight season," Tracey Altman, vice president marketing, Wholly Guacamole. "Making better choices in between meals allows them to still enjoy their favorites," adds Altman.

Try Wholly's Smart Eating Entertaining tips:

- **Healthy Snacks Score.** Keep a bowl of fresh cut veggies in the fridge. Serve with fresh hummus, guacamole or warm queso and kids will be inspired to dip again!
- **Create a restaurant experience at home** by serving quality, fresh dips like Wholly Queso, Wholly Salsa and Wholly Guacamole. Wholly tastes authentic without the hassle.
- **Game Day + Company= Extra Planning.** Check out [HomegatingHQ.com](http://HomegatingHQ.com) for tips on room organization, entertaining kids, recipes and \$1 off coupons for products to complete the game day, homegating experience. [HomegatingHQ.com/holiday](http://HomegatingHQ.com/holiday)
- **Leftover / Flavor Enhancer 101**
  - **Wholly Macaroni some comfort food** via Wholly Queso stirred into cooked noodles for a creamy, unforgettable mac-n-cheese!
  - **Substitute that spread on your turkey sandwich.** At just 25 calories per serving, guacamole adds more flavor than mayo (45) or ranch (90) plus it's got good fats and more than 20 nutrients.
  - **Stock up on salsa.** Use salsa all weekend-- as a dip and a zip-- for leftovers like baked potatoes; a chili seasoning; and a flavor boost on burgers or sandwiches. Low in calories and sodium, all natural Wholly Salsa makes a guilt-free addition.
  - **RECIPE - Meal or Dip. Your choice.** Southwestern "leftover" Turkey salad. Combine 1 lb. cubed cooked Turkey leftovers with 1 cup each of the following: Lite Sour Cream; Wholly Guacamole; Black Beans (rinsed); Diced Red onion; Corn Kernels; drained. Stir ingredients together. Add salt and pepper to taste and it's ready to go! Serve with lettuce leaves as a wrap or with pita chips for dipping.