



Happy Holiday Eating Tips

Don't Party Hungry

Eat a light balanced snack such as fruit and yogurt, cereal and milk, soup, or half sandwich about an hour before heading out to a party.

Navigate the Buffet

Fill your plate with half veggies and fruits, add lean proteins such as seafood and lean meats or poultry. Choose smaller portions of pastas and breads. Once you have filled your plate move away from the buffet table and enjoy some conversation.

Balance Your Plate

Don't try to cut out the holiday treats— choose small portions and balance your plate with fruit and vegetables.

Don't Avoid Your Holiday Favorites

Enjoy your favorite holiday foods by eating slowly and savoring these special treats. An occasional indulgence won't hurt if you don't let it become a pattern at every meal.

Moderation with Alcohol

Remember that alcohol supplies a significant number of calories—go easy on eggnog, beer, mixed drinks, punches etc. In addition, it can lower our resolve to moderate our eating. If you choose to drink, drink slowly and alternate with a non alcoholic drink. Never drink and drive—always designate a driver.

Don't Skip

Don't skip meals early in the day in anticipation of what you may eat later; hunger and alcohol guarantee an overeating experience.

Be Active

Even when things get hectic, take time for yourself to move your body daily. Try to exercise in the morning before events of the day and time get the better of you.

Don't Stress

We all love the holiday season and being around family and friends, but sometimes this can get stressful. Try not to comfort yourself with food, look for other ways to manage stress; take a walk, phone a friend or just find a quiet place to be for a few minutes.

Enjoy

Holidays are about friends, family and good food. Remember these tips, but don't over think food—focus on the conversation and time spent with loved ones.



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