

## Healthy Holiday Tips

It can be challenging to eat healthy during the holidays, but it can be done. Below are a few tips to help you stay on track and eat healthy during the holidays and into the new year.

1. Make sure you eat before you go to any holiday gathering. You will likely be tempted to eat too much of foods that may not be so healthy....although very tasty. Try to curb your appetite before going to a gathering by eating and/or drinking something that is healthy and satisfying before you go. If you are not hungry when you get there, you'll be less likely to overeat while there.
2. Drink some water before you go and drink water while you are there, instead of high sugar and/or alcoholic beverages. Beverages containing sugar and alcohol can have a lot of "hidden" calories, so be careful.
3. Go for the healthier food items first. If you pick the foods that are lower in calories first, then there will be less room for the not so healthy food items. here are a few examples: raw vegetables with a small serving of dip; turkey breast, lean ham or pork roast. You can rarely go wrong with a nice plate of salad green and other vegetables (without the bacon, eggs, meat and cheese) with a low fat dressing and some fresh fruit for dessert.
4. Of course you can bake your cake (or pie) and eat it too! Just don't overdo it at the dessert table. Sample small amounts instead of eating whole pieces. The key is to not deprive yourself, but to eat in moderation.
5. Eat more often, but less food. That's right! Allow yourself to eat several small meals a day. Don't skip meals....attempting to "save up" for the big meal. If you starve yourself all day, you are more likely to overindulge. Be sure to eat breakfast and snack on healthier items throughout the day. Skipping meals may make you cranky..and you don't want to be a scrooge because you haven't eaten.
6. Take advantage of the holiday season to move more and burn off some of those extra calories. Some ideas include putting on some good ole holiday music and dancing the night away...enjoying fun time with family and friends; when you go shopping, park in one of the parking spaces further away from the building.
7. Make time for you! The holiday season can be stressful if you don't find ways to make time for yourself. Remember to find non-food related ways to relieve your stress. Take a nice relaxing walk, get a massage, take a bath and snuggle in bed reading a good book. Try to keep to your regular exercise schedule as much as possible, being sure to get at least 30 minutes of activity in each day. Find something that works for you and takes your mind off of the busy season.

Remember to enjoy the holidays! Focus on having a great time with family and friends instead of focusing on food. Instead of watching football, get out and play a game with loved ones. Most of all, make the holidays fun, healthy and safe. Enjoy!