



## Healthy Holidays

The holidays can be a challenging time to eat healthy and practice moderation in terms of diet control. Here are some helpful tips to help you to stay on track this holiday season:

### **Eat regular meals.**

Skipping breakfast or lunch so you can splurge later in the day usually leads to overeating and you will often consume more calories than if you ate something beforehand.

### **Bring a healthy dish to holiday gatherings.**

The guests will appreciate a healthier menu item and it will give you an option for a healthy food choice.

### **Take small portions.**

Start with a small serving. Choosing small portions will allow you to control your calorie intake, enjoy trying more dishes offered, and help avoid overeating and feeling over-full.

### **Sip smart.**

Choose water and unsweetened drinks like tea, infused water, or sparkling water instead of sugary drinks such as eggnog or hot chocolate. Many drinks are high in sugar(s) and supply calories but provide little to no nutritional benefit.

### **Make fruits and vegetables the stars.**

Remember to fill half of your plate with fruits and vegetables. Make fruits and vegetables the center of attention. You can find fun and festive fruit and vegetable recipes online.

### **Find healthy distractions. Focus on fun, not food.**

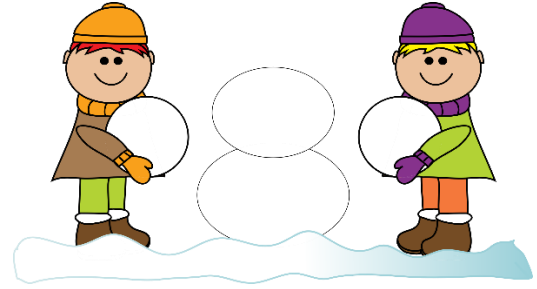
Enjoy the event or the party and take your focus off of the food. Talk with people, sit or stand away from the buffet table or play games for added entertainment.



## Simple Recipe Swaps

1. Use **Chicken or Vegetable Broth** Instead of butter or cream when making mashed potatoes.
2. Use **Herbs or Spices** to give foods flavor instead of salt and sugar.
3. Use **Whole Wheat Flour** as a substitute for white flour when baking.

4. Sprinkle salads with **Almonds or Sunflower Seeds** instead of croutons.
5. Substitute **applesauce, mashed bananas, or canned pumpkin** for oil, margarine, or butter in muffins or quick breads.
6. Try **Low-fat plain Greek yogurt** in place of sour cream and low-fat cream cheese in place of regular cream cheese.



## Healthy Christmas Treats



### Winter Activity – Get Moving!

The holidays can be full of joy and fun, but they can also be a stressful time of year. Take time to relieve the pressure and stress by getting physical activity each day. Try these winter activity ideas:

Go for a walk to look at holiday lights rather than driving.

Take the stairs instead of the escalator or take a few extra laps at the mall when shopping.

Try a new winter activity such as ice skating, snowshoeing, or skiing.

Make physical activity a family tradition by going for a walk after your holiday meal.

Play in the snow, go sledding, build a snowman or a snow fort!



### Healthy Reindeer Treats

Easy ingredients: pretzels, raisins, graham crackers, peanut butter, red M & M's.

### Apple Christmas Trees



Easy ingredients: green apples, cheddar cheese, pretzels and raisins.