

Eating Healthy Over the Holidays

Simple ways to eat healthy over the holidays

Holiday Tips

1. **Eat a light snack** (e.g. raw veggies, fruit, yogurt, low fat cheese) before leaving for a party. You will be less tempted to over-indulge.
2. **Survey the party buffet** before filling your plate. Choose your favorites and skip your least favorites.
3. **Keep your portions small:** put food on a small plate, or even better, a napkin. You will eat less and savor more.
4. **Don't hover around the buffet table:** choose 3 to 4 items then step away.
5. Choose **low-calorie festive foods** (e.g., lean deli meats, chicken kebabs, salsa, steamed asparagus, grilled shrimp or salmon, brussels sprouts).
6. Act like an accountant: **leave a calorie allowance** for dessert.
7. Keep liquid calories in check – **make friends with water**. A 8 oz. glass of water before a meal will help to reduce hunger.
8. **Re-gift food presents**. Or, if invited to a party, take a potted plant, candles or nice soap instead of a treat.
9. **Take the focus off of food:** turn cookie baking time into non-edible projects (e.g., making a wreath).
10. **Do not skip meals**



Resources: www.epicurious.com; www.canadianliving.com