

Nutritionally Yours

Healthy Eating for The Holidays



The Holidays are the most wonderful time of the year. However, during this time, the consumption of unhealthy food items and overeating increases while physical activity decreases. Don't wait for the New Year to begin a resolution, eat healthy all year round! *Here are a few tips to utilize while creating and consuming meals as well as staying fit during the holidays.*

1

Moderation is key

- Consume small portions
- Use small plates to avoid overeating

2

Eat slowly and enjoy your food

- Take small bites and chew slowly
- It takes about 20 minutes before your brain receives the message that your stomach is full

3

Holiday beverages

- Choose low-calorie drinks
- Water is best! Water has no calories or sugar
- Try seltzer or fruit infused water

4

Alter your recipes

- Cut the ingredients in half with items such as sugar, salt, butter or oil.
- Choose whole-grain flour in the place of all-purpose flour
- Choose skim or 1% milk if you must bake your famous dessert

5

Choose healthier options

- Choose lean and low-fat cuts of meat (at least 90% lean)
- Trim fat from meat before cooking
- Choose whole-wheat bread/rolls
- Create fruit recipes for dessert
- Grill vegetables

6

Let's move!

- Be active as a family!
 - Take a walk around the neighborhood before and after dinner
 - Play a workout DVD
 - Form teams and battle each other in a friendly game
 - Use household items to workout
 - Can goods or large laundry detergent jugs as weights
 - Chairs to complete squats or chair dips
 - Run or walk up and down the stairs
 - Exercise during commercials

